

SONIC™

THE HEDGEHOG

THE OFFICIAL COOKBOOK



VICTORIA ROSENTHAL
& IAN FLYNN

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SAN RAFAEL • LOS ANGELES • LONDON

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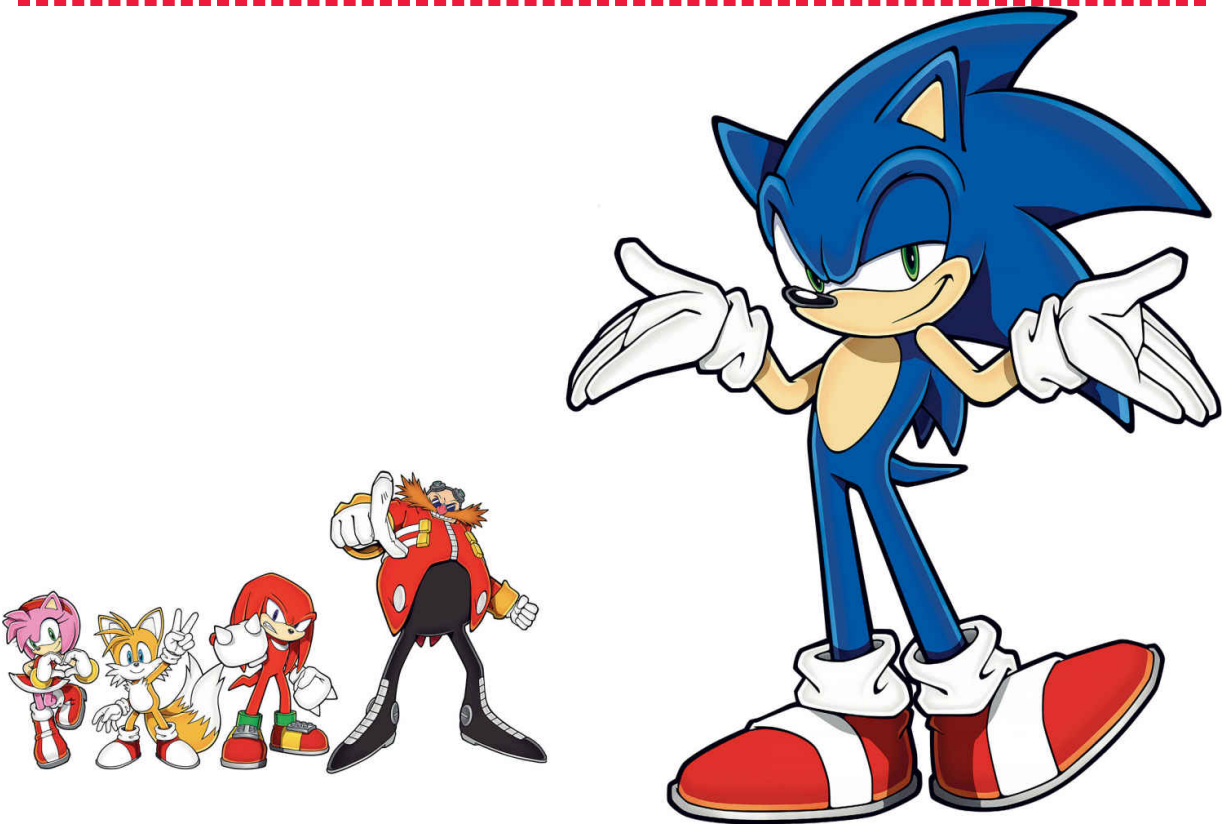
INTRODUCTION

I bet you're surprised to see me making a cookbook, huh? "Sonic the Hedgehog, fastest thing alive" just chilling out and cooking?! I do enjoy taking a break between adventures, but this was actually a big group effort. While I've found all sorts of great recipes on my travels, it was Tails who kept everything neat and organized. Amy did the most work, getting everything put together and getting even more input from all our friends. Even Dr. Eggman got into the act! I guess he was jealous, 'cuz he broke into Tails's lab and added his own recipes. I thought that was hilarious, so we kept them in.

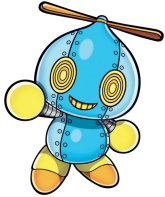
So that's how we got here. My love for adventure, everyone's love for food, and our collective desire to share that with the world all came together to bring you this book. Pretty cool, am I right? I hope you

try every single one of these and enjoy them!

Even after you've sampled it all, the adventures can continue! I'm sure you have your own tastes, your own favorite ingredients, and your own local flair. Mix it up! Use our recipes as a guide and plot your own adventure. Good, bad—it doesn't matter! It's your culinary adventure, so go wild!



GUIDE



Hello! I'm Omochoao, your helpful guide to all things in life! I don't have the capacity to eat, but I do have the capacity to learn and teach! I'll be supplying you with all the details you need to prepare the perfect meal!

SPEED INFORMATION

Each recipe includes a speed scale telling you how fast a recipe will typically be completed. The total does not include any inactive cook times and only refers to when actual cooking is happening. For example, the [Sonic's Signature Chili](#) recipe cooks for a long time, and that is included in the scale because you will be going back and stirring the chili from time to time. On the other hand, the [Bangle Bagels](#) recipe does not include the time that the dough needs to rise because your focus is not needed during that time.

Once you're a pro, you might complete each recipe faster than expected! Just make sure everything is thoroughly cooked. I know you're hungry, but don't make yourself sick rushing to the finish line!

Speed Scale

5: Under 20 minutes 4: *20 minutes to 1 hour* 3: 1 to 3 hours
2: 3 to 5 hours / 1: 5+ hours

Don't be discouraged if a recipe takes longer than the scale suggests. With some practice, you'll be flying through each stage in no time.

Difficulty Information

Each recipe includes a difficulty scale to let you know how hard a recipe will be to make. A recipe rated as 1 is perfect for beginners and requires mostly basic cooking techniques. A recipe with a 5 rating, on the other hand, will require more challenging cooking techniques that might take a few attempts before perfecting.

DIETARY AND PERSONAL RESTRICTIONS

Cooking is a personal experience, and you should always feel comfortable replacing or removing any ingredients you and your guests don't normally eat for either personal or dietary reasons. Although you likely already know from personal experience what types of ingredients to avoid and replace, here are a few suggestions for some general dietary needs.

When replacing ingredients, make sure to still use edible things! Your shoes may look good, but they'll ruin your dish!

Adapting to Vegetarian Diets

Several recipes in this book are vegetarian or vegan friendly. Many recipes can be adapted to your dietary needs. Replace meat broths/stocks with vegetable broths/stocks. Swap out proteins with your favorite grilled vegetables or meat substitutes. This will affect cooking times, so plan ahead.

Some questions to ask when identifying vegan ingredients: If you put it in a planting pot, does it stay put? If you water it, does it get offended?

Adapting to Gluten-Free Diets

For most recipes, you can use equal ratios of gluten substitute for flour, but be prepared to modify the quantity if the consistency seems off compared to the recipe description.

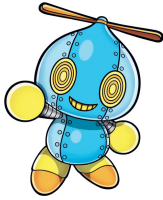
Keep in mind: Gluten is not a suitable replacement for flowers. Bonus tip: Flowers are not a suitable replacement for flour! And vice versa!

Adapting to Dairy-Free Diets

Feel free to replace milk and heavy cream with your favorite nondairy milk. There are also plenty of options to replace butter in recipes. I don't normally suggest replacing butter with oil because it doesn't give the same consistency needed for certain recipes. If you do use oil instead, approach it in smaller batches.

I also use oil instead of butter for my joints! That's not related to food, but I thought I'd share all the same!

INGREDIENT GUIDE



Here are some of the main ingredients you'll want to look for to make all the recipes in this book. That doesn't mean you need to gather them all at once! Pick the recipe, or recipes, you want to prepare in the near future and gather the ingredients just for those. That will save you time and money, and you won't waste food!

Beef marrow bones are bones split open with the marrow exposed. Marrow is the tissue inside the bones, which is firm, but after being roasted has a spreadable texture. These can be found at your local butcher.

Black garlic is garlic that has been heated and aged over weeks. During this time, the cloves become tender and black.

Blue cheese is a semisoft cheese that contains blue mold. It has a salty, pungent flavor. There are many varieties of this cheese, and any of them will work well when called for.

Blue spirulina is an extract from spirulina, a microalgae. For the recipes in this book, you will want to use the powder variety of this ingredient.

Bread flour is a high-protein flour, typically containing 12 to 14 percent protein, meant to be used in yeasted breads. The higher

protein in the flour helps create more gluten throughout the bread, making it more elastic and chewy.

Butterfly pea flowers are dried flowers that grow in Southeast Asia. The flower is dehydrated and commonly used for tea. It is used to dye things a bright blue color.

Buttermilk is a fermented milk. It is thicker than regular milk and has a tangy smell and flavor. When used in baking, it helps activate baking soda, leading to a much airier consistency. Buttermilk can be substituted with one cup of milk and one tablespoon of lemon juice.

Capocollo is a seasoned, cured Italian meat made from pork neck and shoulder.

Cardamom is a pod of seeds that can be ground or used as a whole pod. The green variety has a very strong, zesty, flowery, and earthy flavor suited for both savory and sweet dishes. Black cardamom has a smoky, menthol-like flavor great for savory dishes. The flavor of cardamom is pretty unique, but a combination of cinnamon, allspice, and nutmeg can serve as a substitute.

Cilantro, also known as coriander, is the fresh leaves and stalks grown from coriander seeds. Cilantro has a citrusy, slightly peppery taste to it. Some individuals might find it to taste extremely soapy. Cilantro can be subbed with equal parts parsley.

Condensed milk is milk that has been gently heated, had 60 percent of the water removed from it, mixed with sugar, and canned. This is an extremely thick, caramelized sweetened milk. It is typically found in cans that can be stored in a pantry for about a year. Once opened, it must be refrigerated and used within two weeks.

Confectioners' sugar, also known as powdered sugar, is granulated white sugar that has been ground into an extremely fine powder. This ingredient is typically used for thickening and sweetening frostings without giving it a grainy texture.

Corn syrup is a syrup sweetener made from sugars in corn. There are two main varieties of corn syrup: one is light and

transparent in color with a mild flavor, and the other is much sweeter, with a deeper, caramel-like color. The recipes in this book use the light variety.

Cream cheese is a mild-flavored, soft, spreadable cheese. Substitutes for cream cheese include mascarpone, silken tofu, or neufchâtel

Crème Fraîche is a dairy product from France that has been soured. It can be substituted with sour cream. Just note that it will not be as rich as crème fraîche.

Fish sauce is a sweet, salty, pungent liquid that is made from fermented anchovies and salt. The salt content in this product is pretty high, and it can be used as a salt substitute to add an extra layer of umami. Be careful to not add too much of this product because it can easily overpower a dish. Fish sauce can be stored in the pantry for two to three years.

Galangal is a root spice related to ginger and turmeric. Galangal looks similar to ginger but is typically larger, paler in color, and much denser. It has an earthy, piney, and citrusy flavor. There is no real substitute for this ingredient.

Giardiniera is an Italian pickled-vegetable condiment. It typically includes carrots, celery, bell peppers, and cauliflower marinated in a mixture of vinegar and olive oil. Sealed giardiniera can be stored in the pantry. Once opened, store in a refrigerator.

Glutinous rice flour is sweet rice ground into a flour. Rice flour not labeled as glutinous is made from nonsweet rice. In Japanese cuisine, there are two kinds of glutinous rice flour: mochiko and shirataamako. Mochiko has the consistency of flour, while shirataamako consists of large, coarse granules.

Goat cheese, also known as chèvre, is a soft cheese with a tangy flavor. Substitutes for goat cheese can vary depending on its use: For sauces, cream cheese works well, although feta cheese works well as a crumbling option.

Greek yogurt is a yogurt where the whey has been strained out. This gives the yogurt a thicker texture, and its flavor is

more tangy. Greek yogurt can be substituted with plain yogurt.

Honeycomb is a natural product made by honeybees. It is the housing bees use to store the honey and pollen they collect. Honeycomb can be stored in the pantry in an airtight container indefinitely.

Horseradish is a very sharp, pungent root. It can be bought as a root that can be grated or as an already-grated product in a jar, and should be stored in the refrigerator. It can be substituted with wasabi or mustard powder.

Jalapeño is a green, medium chile pepper. It has a Scoville scale rating between 2,000 and 8,000 SHU. Jalapeño can be replaced with another chile of your choice with a similar heat level, but keep in mind that the flavor will be slightly different.

Japanese Mayo is a style of mayo using only egg yolks, several vinegars including rice and apple cider, and MSG. This mayo has a much richer egg flavor balanced by the variety of vinegars to give it a bit of a sweetness. It can be substituted with regular mayo and a small amount of rice vinegar, but the taste will be decently different.

Kaffir lime leaves are dark green leaves from kaffir lime trees. They have a strong citrusy flavor. When the leaves are ripped up and added to recipes, the citrusy flavor will infuse itself into everything. The leaves can be found fresh or dried.

Kashmiri chili powder is made from Kashmiri chile pepper that has been dried and ground. Kashmiri chili has a mild heat with a vibrant red coloring. A good substitute for Kashmiri chili powder can be paprika or another mild chile.

Kimchi is a spicy, fermented Korean vegetable dish. Napa cabbage is the most common vegetable used for kimchi. It is prepared with a brine and spices, similar to a pickling process, but kimchi goes beyond that and allows the vegetables to ferment. Kimchi must be stored in the refrigerator and occasionally opened to allow the pressure from the fermentation to be released.

King oyster mushrooms, also known as king trumpet mushrooms, are large with thick, meaty stems. They have an earthy, woody taste, with a texture close to scallops when cooked. These mushrooms can make great replacements for meat and seafood in dishes.

Kombu is a type of dried kelp. It can be used to enhance the flavors of stocks. Kombu can be stored in a cool pantry.

Lemongrass is an herb with a citrusy aroma. When working with lemongrass, it is recommended to bash the stalk a bit to help release its flavors.

Lotus Root is the bulb of the lotus plant. When you cut into lotus root, it will begin to discolor. Make sure to keep it in water after cutting to avoid this.

Mascarpone is a mild-flavored, soft, spreadable cheese. It is made from heavy cream and citric acid. Substitutes for mascarpone include crème fraîche, clotted cream, and cream cheese.

Matcha is green tea that has been finely ground into a very fine powder. When used for drinking or in cooking, it gives the item a vibrant green color. Matcha cannot be substituted for another ingredient.

Mint is an herb with thin stems and ridged leaves. It has a sweet, cool flavor to it. This ingredient can be found as a fresh herb.

Mirin, also known as rice wine, is a sweet cooking wine. It should be stored at room temperature in a cool pantry.

Miso is a Japanese paste made from fermented soybeans. Miso comes in several varieties including white (the mildest flavor) and red (which is allowed to age longer, making it saltier and giving it a stronger flavor). Miso can be stored in an airtight container in the refrigerator.

Mizuna is a leafy green vegetable with a mild pepper-like flavor. It can be eaten raw or cooked. Mizuna can be stored in a refrigerator for up to five days before it begins to wilt.

Mortadella is an Italian lunch meat made from pork. It often contains pork fat cubes and pistachios.

Mulato pepper is a variety of dried poblano pepper. Mulato peppers are poblano peppers that have come to full maturity. This pepper ranks between 2,500 and 3,000 SHU on the Scoville scale. It can be replaced with another dried chile of your choice with a similar heat level, but keep in mind that the flavor will be slightly different. Mulato pepper can be stored in a cool pantry.

Nori is a dried edible sheet of seaweed used in Japanese cuisine. It is most popular for its use in wrapping together sushi rolls. Nori can be stored in a cool pantry.

Oregano is a variety of stemmed herb that contains many tiny leaves. This ingredient can be found as a fresh herb or with the leaves dried and jarred. Varieties include Greek oregano and Mexican oregano, which have unique flavor profiles and should not be interchanged. The recipes in this book use dry Greek oregano unless otherwise stated.

Palm sugar is a sweetener made from the nectar of coconut or palm flowers. Palm sugar can be substituted with brown sugar.

Pasilla pepper is a dried chilaca pepper with a Scoville heat unit between 250 and 3,999 SHU. It can be replaced with another dried chile of your choice with a similar heat level, but keep in mind that the flavor will be slightly different. Pasilla peppers can be stored in a cool pantry.

Peanut oil is a cooking oil made from peanuts. It is used for deep frying because it has a high smoke point, roughly 450°F (232°C). Peanut oil can be substituted with any neutral oil with a similar smoke point, like canola or vegetable oil.

Poblano pepper is a large, green chile pepper. It has a Scoville scale rating between 1,000 and 2,000 SHU. It can be replaced with another chile of your choice with a similar heat level, but keep in mind that the flavor will be slightly different.

Pork tenderloin, also known as pork fillet, is a long, thin cut of pork meat that runs along the spine. It is a very tender and lean piece of meat. This is a different cut than pork loin, which is much larger and fattier. For the recipes in this book, pork tenderloin can be swapped for pork loin, pork chop, or chicken breast. Keep in mind that cook time will vary.

Sesame oil is an oil made from sesame seeds. There are several varieties, but the recipes in this book use toasted sesame oil. Toasted sesame oil has a dark color and a much stronger flavor profile than the raw variety. It is typically used as a finishing ingredient rather than for cooking, because the heat reduces its flavor profile.

Shichimi togarashi is a seven-flavor chili spice mix used in Japanese cuisine. It can be stored in a pantry.

Shiitake mushrooms are mushrooms with a large cap that are dark brown in color and have a small, tough stem. They have an earthy, smoky taste and a meaty texture.

Shimeji Mushrooms are a bundle of small, light brown—or white-colored mushrooms. Substitutes for these mushrooms include shiitake mushrooms or oyster mushrooms. These can be stored in the refrigerator for up to two weeks.

Shishito Peppers are small, thin, and wrinkly green peppers. They have a scoville scale between 50 and 200 SHU.

Sour cream is a cream that has been fermented with a variety of lactic acid bacteria. This process results in a tangy, tart, and thick cream. Substituting this ingredient is not recommended, but when necessary, Greek yogurt can be used instead.

Stroopwafel is a thin sandwich cookie with two sweet, thin waffle-like cookies on the outside and a thin layer of caramel on the inside.

Sushi Rice is a short-grain white rice.

Tapioca pearls are small spheres made from the extracted starch of cassava roots. When cooked, they are very

chewy.

Thai Chiles, also known as bird's eye chiles, are thin, bright red peppers. They have a scoville scale between 50,000 and 100,00 SHU.

Tonkatsu sauce is a thick, sweet sauce used in Japanese cuisine. It can be stored in the pantry. Once opened, it can be stored in the refrigerator in an airtight container for about two months.

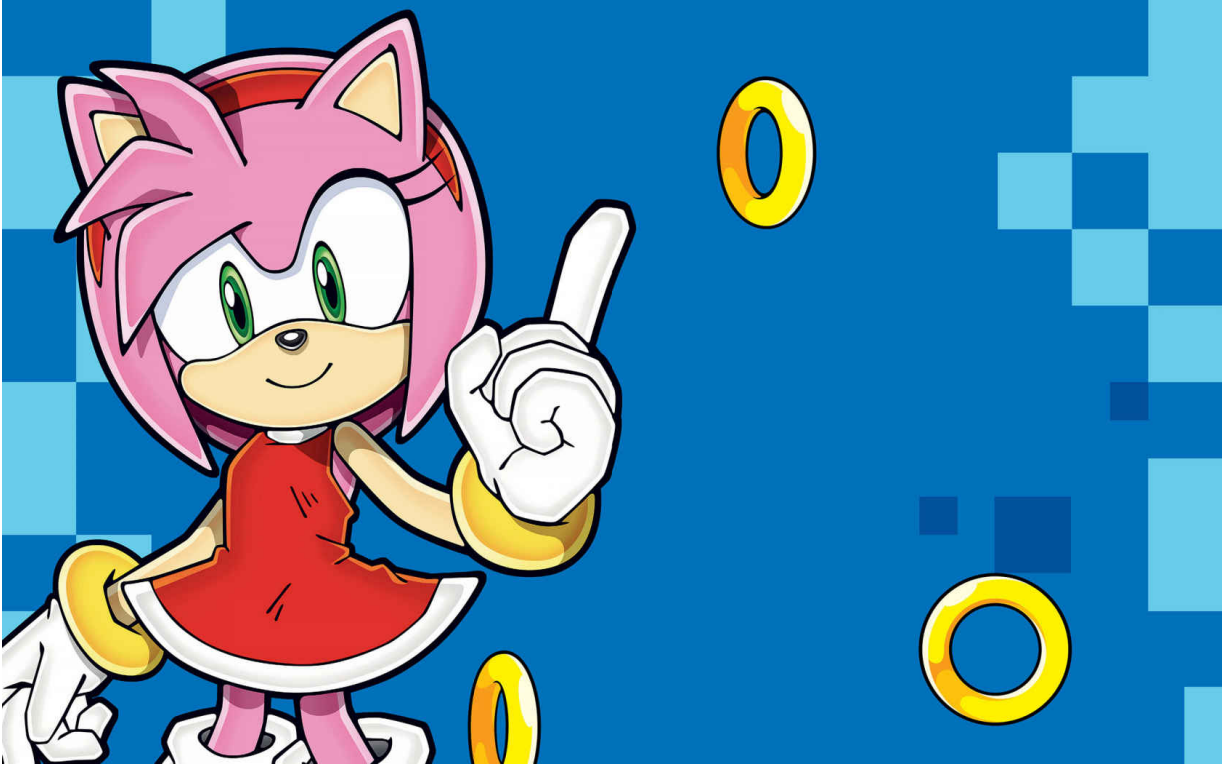
Turmeric powder is dried, ground turmeric root. Turmeric is a bright orange yellow rhizome that can be used in cooking. It has a bitter, earthy flavor similar to mustard and ginger.

Udon is a thick wheat noodle.

Vital wheat gluten is wheat flour that has had most of its starch removed, leaving the wheat proteins behind. The protein content is between 75 and 85 percent. Adding it to a dough will yield a much chewier and more elastic texture.

White Peony tea is a Chinese variety of white tea. This can be substituted with any variety of white tea.

Yuzu is a sour and tart citrus grown primarily in East Asia. It is typically used for its juice and zest. Each fresh yuzu can yield about two to three teaspoons of juice. If it is difficult to find fresh yuzu, juice and frozen zest may be easier to get a hold of. Yuzu can be substituted with other citrus of your choice, such as a combination of lime and orange.



BREAKFAST

Whether you're an early riser or your first meal of the day is more of a "brunch," it's important to start out energized! Some people like a hearty breakfast while others like to keep it light. We came together and settled on a few of our favorite ways to start the day!



EAT 'N' RUN OATS



First thing in the morning I want to get up and go, but I need energy to reach those crazy-fast speeds. I whip up this bowl of oatmeal real quick so I feel good and energized before I start running! Whassat? It's very blue? So am I! And we're both great!

DIFFICULTY:

SPEED:

PREP TIME: 10 minutes

INACTIVE TIME: 8 hours

YIELD: 1 serving

DIETARY NOTES: V+

INGREDIENTS

½ cup (65 g) old-fashioned rolled oats

¾ teaspoon (1 ½ g) blue spirulina powder

½ teaspoon (1 g) ground cinnamon

2 teaspoons (6 g) chia seeds

Pinch of kosher salt

2 tablespoons (15 g) dried blueberries

3 pieces dried apricots (20 g), cut into bite-size pieces

1 tablespoon (16 g) sugar

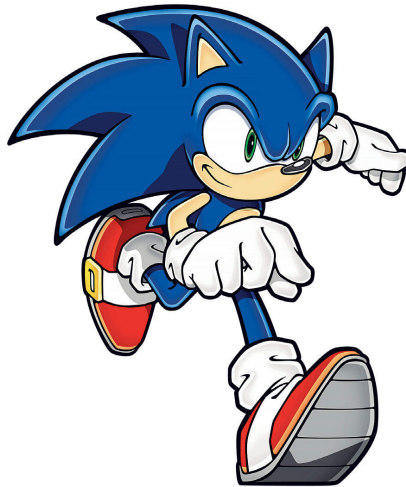
$\frac{1}{4}$ cup (60 g) coconut yogurt

$\frac{3}{4}$ cup (167 g) coconut milk

STEPS

Combine the rolled oats, blue spirulina powder, cinnamon, chia seeds, salt, blueberries, apricots, and sugar in an airtight container.

Whisk together the coconut yogurt and milk in a small bowl. Pour into the airtight container with the dry ingredients. Close the container and shake well. Place in the refrigerator overnight. It will be ready to eat the next morning. Serve with fresh banana slices.





ROLL WITH THE PUNCHES



Living out in the brush of Angel Island, I need to gather up most of my food from the wild. I'm not really known for my delicate touch, so smashing up what I find into a delicious paste is just right for me. Then I use that as the filling for these rolls. A simple start to the morning is just how I like it.



Peanut butter is one of the most common allergens in the world! Try using almond butter or any other kind of nut butter instead!

DIFFICULTY: Four yellow circles, indicating a difficulty level of 4 out of 5.

SPEED: Three yellow circles, indicating a speed level of 3 out of 5.

PREP TIME: 1 hour

INACTIVE TIME: 2 ½ hours

YIELD: 14 rolls

DIETARY NOTES: V

INGREDIENTS

DOUGH

2 ¼ teaspoons (10 g) active dry yeast

¼ cup (59 ml) warm water (<110°F/<43°C)

5 tablespoons (70 g) unsalted butter, room temp

¼ cup (57 g) sugar

1 large egg

1 teaspoon (5 ml) vanilla extract

1 cup (237 ml) buttermilk

3 ½ cups (510 g) all-purpose flour

1 teaspoon (4 g) kosher salt

1 teaspoon (2 g) ground cardamom

FILLING

3 ounces (85 g) almond butter

8 ounces (227 g) peanut butter

14 ounces (397 g) grape jelly

GLAZE

3 ounces (85 g) cream cheese

2 ounces (57 g) peanut butter

Pinch of kosher salt

3 tablespoons (45 ml) warmed milk

2 cups (240 g) confectioners' sugar

STEPS

Combine the yeast and water in a small bowl. Using a stand mixer with the dough attachment, combine the butter and sugar. Once well combined, add in the egg and vanilla extract. Add the buttermilk and yeast mixture.

Add the flour, salt, and cardamom. Mix until just combined. Take the dough out of the bowl and knead by hand for 5 minutes. Place the dough in a large greased bowl and cover. Allow the dough to rise for at least 2 hours or until it doubles in size.

Roll the dough out into an 18-by-13-inch (46-by-33-cm) rectangle. In a medium bowl, combine the almond butter and peanut butter until smooth. Spread a layer of the nut butter mixture over the dough, leaving a ¼-inch (6 mm) border. Top with grape jelly.

Tightly roll up the dough lengthwise. Use a serrated knife to cut 1 ½-inch-wide pieces (3.8 cm), 14 pieces in total. In two greased, round cake pans, place seven pieces in each pan, about ½ inch (1.2 cm) apart. Cover the cake pans with a towel and allow the rolls to rise for another 15 to 30 minutes.

Preheat the oven to 350°F (177°C). Remove the towel and place the cake pans in the oven. Bake for 25 minutes, or until golden brown and cooked through.

For the glaze, place the cream cheese, peanut butter, and salt in a small bowl. Pour the warmed milk into the bowl and mix. Add the confectioners' sugar and mix until smooth. If the mixture is too thick, add a few more spoonfuls of milk. If too thin, add additional confectioners' sugar. When you take the buns out of the oven, immediately drizzle the glaze on top and serve.





FUTURE-PROOF EGG TARTS



We compared notes, and it turns out this recipe is the same here as it is in my time! I like to make these egg tarts because they're simple, filling, and easy to share. It's easier to take on the future with a full stomach!

DIFFICULTY: 

SPEED: 

PREP TIME: 30 minutes

INACTIVE TIME: 10 minutes

COOK TIME: 20 minutes

YIELD: 4 tarts

DIETARY NOTES: N/A

INGREDIENTS

1 sheet puff pastry, defrosted

5 eggs

1 teaspoon (4 g) dehydrated garlic flakes

1 teaspoon (4 g) black sesame seeds

½ teaspoon (1 ½ g) poppy seeds

½ teaspoon (2 ½ g) flaky salt

4 ounces (113 g) cream cheese, room temperature

2 ounces (57 g) fontina cheese, shredded

Zest of 1 lemon

2 scallions, white and light green parts, chopped

8 slices bacon, cooked until crispy

STEPS

Preheat the oven to 425°F (218°C). Prepare a baking sheet with parchment paper. Cut the puff pastry into four equal squares and prick each pastry several times with a fork. Place on the prepared baking sheet.

Whisk one of the eggs in a small bowl until well combined. Brush each of the pastry pieces with the egg wash. Combine the garlic flakes, sesame seeds, poppy seeds, and flaky salt in a small bowl. Sprinkle this mixture over the edges of each pastry. Place in the refrigerator to rest for 10 minutes.

Combine the cream cheese, fontina cheese, lemon zest, and scallions in a small bowl. Remove the baking sheet with the puff pastry from the refrigerator. Place a dollop of the cream cheese mixture in the center of each pastry piece, making a divot in the center for the egg to be added later.

Bake for 10 minutes. Top each pastry piece with two slices of bacon. Crack 1 egg into each divot. Bake for another 10 minutes or until the egg has set.



NOTE:

If you want to make this recipe vegetarian, simply swap the cooked bacon with some sautéed spinach.



PERFECT NOTE WAFFLES



Some days you need to get an early start to crack the case. Some days you realize you're hungry and have been putting off a trip to the grocery store. Either way, these waffles of mine are the solution to the recurring case of "What Am I Gonna Eat?"

DIFFICULTY: 

SPEED: 

PREP TIME: 1 hour

INACTIVE TIME: 1 hour

COOK TIME: 30 minutes

YIELD: 8 waffles

DIETARY NOTES: V

INGREDIENTS

MATCHA CURD

3 egg yolks

½ cup (118 g) sugar

¼ cup (58 g) lime juice

Pinch of kosher salt

¼ cup (56 g) unsalted butter, cold and cubed

2 grams lime zest

1 tablespoon (7 g) matcha

MATCHA WAFFLES

2 cups (300 g) all-purpose flour

1 tablespoon (7 g) matcha

1 tablespoon (12 g) baking powder

1 teaspoon (4 g) kosher salt

¼ cup (59 g) sugar

2 eggs

1 teaspoon (5 ml) vanilla extract

2 cups (473 ml) buttermilk

¼ cup (56 g) unsalted butter, melted and cooled

Heavy cream

Salted butter

STEPS

MATCHA CURD

In a medium saucepan, whisk the egg yolks and sugar until the sugar dissolves and smooths. Add the lime juice and salt. Place the mixture over low heat and whisk until it thickens, about 10 minutes.

Add the butter, lime zest, and matcha. Whisk until the butter is completely melted. Strain into an airtight container. Allow to cool completely. Place in the refrigerator for at least 1 hour before serving. It can be refrigerated for up to one week. When serving, if the curd is too thick, add extra lime juice to loosen it a bit.

MATCHA WAFFLES

Preheat a waffle maker. Combine the flour, matcha, baking powder, salt, and sugar in a large bowl. Whisk together the eggs, vanilla extract, buttermilk, and butter in a small bowl until well combined.

Pour the wet ingredients into the dry ingredients and whisk until it just comes together.

Ladle $\frac{1}{2}$ of the batter into the waffle maker and cook according to the manufacturer's instructions. Repeat with the remaining batter. Serve warm and garnish with the matcha curd, butter, and whipped cream.



NOTE:

Ceremonial matcha for drinking can be pretty expensive, but culinary grade matcha is more affordable. It may be a lower grade but it works perfectly for cooking!



NOTE:

To test if the curd is thick enough, dip a spoon in the mixture and run a finger across the back of it. If the trail holds, it is ready. Keep in mind that it will continue to thicken as it chills in the refrigerator.





CHARMY'S SURPRISE TWIST SWEET TREAT



Yeah! You thought you were getting breakfast, but—surprise!—it's a sweet dessert! Vector and Espio keep telling me it's a breakfast food, but I figured it out! Is it sweet? Check! Is it delicious? Check! Do I want more? Triple-check! It's gotta be a dessert! *Woo!*

DIFFICULTY: 

SPEED: 

PREP TIME: 30 minutes INACTIVE TIME: 8 hours COOK TIME: 55 minutes
YIELD: 6 servings DIETARY NOTES: V

INGREDIENTS

FRENCH TOAST

1 [Charmy's Sweet Treat!](#)

10 eggs

2 cups (473 ml) milk

1 cup (237 ml) heavy cream

½ cup (170 g) honey

1 teaspoon (4 g) kosher salt

2 teaspoons (10 ml) vanilla extract

TOPPING

5 ounces (142 g) honeycomb

½ cup (100 g) light brown sugar

½ cup (60 g) pecans, chopped

2 teaspoons (5 g) ground cinnamon

½ cup (112 g) unsalted butter, cold and cubed

STEPS

Cut the challah into 1-inch (25 mm) cubes and transfer to a deep 9-by-13-inch (23-by-33-cm) baking dish.

Combine the eggs, milk, heavy cream, honey, salt, and vanilla extract in a large bowl. Whisk together until well combined. Pour into the baking dish over the challah. Cover the baking dish with plastic wrap and place in the refrigerator for at least 8 hours.

Preheat the oven to 350°F (177°C). Combine the honeycomb, light brown sugar, pecans, cinnamon, and butter in a medium bowl. Take the baking dish out of the refrigerator, remove the plastic wrap, and sprinkle the topping over the challah.

Cover the baking dish with aluminum foil. Bake for 30 minutes. Remove the foil and bake for another 20 to 25 minutes. Remove from the oven and let rest for 15 minutes before serving.



SNACKS

When you're as busy as us, it's hard to find time to sit down and have a proper meal sometimes. But that doesn't mean you should skimp on eating! You have to keep fuel in your system for optimal output. Here's a collection of snacks and easy things to eat while you're on the move or under the wire!



BIG RING PARTY PLATTER



I've got two constants in my life: jumping into Big Rings and shoving chili dogs in my face. It only makes sense to combine the two, right? Best of all, it's something I can share with all my friends! And if they're tired of chili dogs? More for me! Heh heh!



Please do not try to jump into the platter! It will not warp you to a Chaos Emerald! It will only make a mess!

DIFFICULTY: 5 yellow circles

SPEED: 4 yellow circles

PREP TIME: 30 minutes

COOK TIME: 40 minutes

YIELD: 8 servings

DIETARY NOTES: N/A

INGREDIENTS

PIGS IN A BLANKET

2 sheets puff pastry, cut into 36 rectangles

36 small cocktail sausages

1 teaspoon (4 g) white sesame seeds

1 teaspoon (2 g) dehydrated onion flakes

½ teaspoon (2 g) poppy seeds

½ teaspoon (2 g) flaky salt

1 egg

CHILI DIP

4 ounces (113 g) cream cheese, room temperature

3 ½ ounces (99 g) sour cream

1 cup [Sonic's Signature Chili](#)

2 ounces (57 g) cheddar cheese, shredded

1 scallion, chopped

STEPS

Preheat the oven to 400°F (204°C). Take a puff pastry rectangle and wrap up a cocktail sausage. Place on a sheet of parchment paper. Repeat until all the sausages are wrapped in puff pastry.

Combine the sesame seeds, onion flakes, poppy seeds, and flaky salt in a small bowl. Whisk the egg in another small bowl. Brush the prepared puff pastry–wrapped sausages with the egg. Sprinkle the sesame seed mixture over them until covered.

Prepare a 10-inch (25 cm) cast iron skillet by spraying it with nonstick spray. Place the wrapped sausages in two concentric circles in the skillet, leaving the center empty. Bake in the oven for 20 to 25 minutes, until the dough is golden.

Combine the cream cheese and sour cream in a medium bowl until smooth. Once the sausages have finished cooking, place the cream cheese mixture in the center. Place the chili on top and bake for 5 minutes.

Top the chili with the cheddar cheese. Place in the oven and bake for another 10 minutes, until the cheese has melted. Remove and top with the scallion.



EAT RED SPHERES



I spend a lot of time either in the lab or in the garage, and I don't want to get food all over my projects. That's why I'll make a big bowl of these to snack on! They're tasty and energizing, and the wet/dry vac takes care of them if one of my tails knocks over the bowl. Not that... it's a common problem... *ahem.*

DIFFICULTY: 

SPEED: 

PREP TIME: 10 minutes

COOK TIME: 30 minutes

YIELD: 8 servings

DIETARY NOTES: V+

INGREDIENTS

One 30-ounce (850 g) can of chickpeas, rinsed and dried

1 tablespoon (15 ml) olive oil

2 teaspoons (8 g) kosher salt

2 teaspoons (6g) Kashmiri chili powder

1 ½ teaspoons (2 g) turmeric

1 teaspoon (2 g) paprika

1 teaspoon (3 g) cumin

1 teaspoon (4 g) garlic powder

STEPS

Preheat the oven to 425°F (218°C). Combine the chickpeas, olive oil, salt, Kashmiri chili powder, turmeric, paprika, cumin, and garlic powder in a medium bowl. Toss until coated.

Transfer to a parchment paper-lined baking sheet. Bake for 30 minutes, shaking the pan every 10 minutes to turn the chickpeas. Set aside to cool completely.



TORNADO CHIPS



While I'm waiting for my coding to compile, I like to chill out with something tasty and with a satisfying crunch. Lotus chips are great for satisfying that snacking urge while being healthier than many alternatives. And if you spin them, they almost look like my tails in flight!

DIFFICULTY: 2 yellow circles

SPEED: 5 yellow circles

PREP TIME: 15 minutes

INACTIVE TIME: 1 hour

COOK TIME: 2 minutes per batch

YIELD: 4 to 6 servings

DIETARY NOTES: V+

INGREDIENTS

2 cups (473 ml) water

2 teaspoons (10 ml) vinegar

2 lotus roots, peeled and cut into $\frac{1}{16}$ -inch-thick (1 $\frac{1}{2}$ mm) slices

Neutral oil (peanut, canola) for frying

2 teaspoons (8 g) shichimi togarashi

1 teaspoon (4 g) kosher salt

STEPS

Combine the water and vinegar in a medium bowl. Add the lotus root slices to the bowl and let rest for 1 hour.

Pour 1 ½ inches (4 cm) of neutral oil in a deep pot and preheat to 340°F (171°C). While the oil is heating, drain the water from the lotus and thoroughly dry.

Once the oil has heated, place the lotus root into the hot oil for about 2 minutes, or until golden brown. Transfer onto a paper towel-lined baking sheet and let the excess oil drip off. Repeat with the remaining lotus root.

Transfer all the cooked lotus root into a medium bowl and toss with shichimi togarashi and salt.



ROYAL ROASTED PINWHEELS



There was once a gala event in the imperial palace where all the ovens failed. I stepped in and offered to assist the chefs by using my flames. Normally that is taboo, but I live to serve my people. The staff was very thankful, too. Since then, I once in a while return to the kitchen to help. I am... not the best at cooking, but my control over flames allows me to prepare everything in record time and achieve the perfect char!

DIFFICULTY: ○○○

SPEED: ○○○

PREP TIME: 1 hour INACTIVE TIME: 1 hour COOK TIME: 25 minutes
YIELD: 8 to 10 servings DIETARY NOTES: V

INGREDIENTS

ROASTED VEGETABLES

2 red bell peppers, halved and seeded

1 red onion, cut into ½-inch-thick (12 mm) slices

Olive oil

Kosher salt

CREAM FILLING

6 ounces whipped cream cheese

2 ounces sour cream

1 ounce parmesan cheese

1 teaspoon (1 g) dried oregano

½ teaspoon (1 ½ g) onion powder

ASSEMBLY

Cream filling

Six 8-inch (20 cm) red flour tortillas

Roasted vegetables

2 to 3 ounces (58 g) arugula

STEPS

Preheat the oven to 425°F (218°C). Line a baking sheet with parchment paper and place the bell peppers, skin side up, and the red onions on the tray. Brush with the olive oil and generously season with the salt. Place in the oven and bake for 20 to 25 minutes, until the bell peppers begin to char.

Remove from the oven and allow to cool completely. Remove and discard the bell pepper skin. Cut the bell peppers and red onion into large slices. Set aside until you are ready to assemble.

Combine the cream cheese, sour cream, parmesan cheese, oregano, and onion powder in a medium bowl and mix until smooth.

To assemble the pinwheels, spread a generous portion of the cream filling on a tortilla. In the center, place a few pieces of the bell pepper and red onion. Place a handful of arugula on top.

Carefully roll up the tortilla, sealing everything in. Tightly wrap in plastic wrap and place in the refrigerator to rest for at least 1 hour before cutting into snack-sized portions.

Repeat steps 4 and 5 until all the ingredients have been used.



NOTE:

When filling these, make sure to leave the edge empty; this will make it much easier to close and keep everything inside.



MY DAILY RESPITE



Being the imperial princess means a great deal of executive oversight! My days can be filled with seemingly endless decrees, declarations, and other documentation. A plate of these allows me to power through my duties and not feel famished by the end of the day.

DIFFICULTY: 

SPEED: 

PREP TIME: 20 minutes COOK TIME: 5 minutes YIELD: 20 servings
DIETARY NOTES: N/A

INGREDIENTS

8 ounces (227 g) brie

8 ounces (227 g) mascarpone, room temperature

Twenty ½-inch-thick (13 mm) baguette slices

Olive oil

¼ cup (85 g) fig jam

10 pieces of prosciutto, halved

Balsamic vinegar

STEPS

Place the brie and mascarpone in a food processor and blend until smooth.

Heat a medium grill pan over medium-high heat. Brush both sides of the baguette slices with olive oil. Place on the grill pan and toast until both sides are crispy.

Once the bread is toasted, take each of the slices and spread a small amount of fig jam over the top. Top with the cheese mixture and a piece of prosciutto. Drizzle with balsamic vinegar.





BURRITO BLASTS



I remember the last time you made these! The perfect warm meal while on the go.



I didn't make them for you.

DIFFICULTY:  

SPEED:    

PREP TIME: 15 minutes INACTIVE TIME: 15 minutes COOK TIME: 30 minutes YIELD: 6 servings

DIETARY NOTES: DF

INGREDIENTS

CILANTRO RICE

3 cups (710 ml) chicken stock

¼ cup (74 g) tomato paste

2 cups rice

¼ cup cilantro, chopped

Juice of 2 limes

1 teaspoon (4 g) kosher salt

SKIRT STEAK

2 pounds (907 g) skirt steak

4 tablespoons (30 ml) canola oil, divided

3 tablespoons (21 g) finely ground coffee

2 tablespoons (16 g) chili powder

1 tablespoon (9 g) ground cumin

2 teaspoons (8 g) garlic powder

1 tablespoon (12 g) kosher salt

1 teaspoon (5 g) light brown sugar

½ teaspoon (1 g) ground black pepper

ASSEMBLY PER SERVING

1 ["Unlimited Potential" Tortilla](#)

Cilantro rice

¼ avocado, sliced

⅓ cup (151 g) steak

STEPS

CILANTRO RICE

Whisk together the chicken stock and tomato paste. Place the rice and chicken stock mixture in a rice cooker. Follow the instructions on the rice cooker to cook the rice.

Transfer the cooked rice into a large nonmetal bowl. Mix the cilantro, lime juice, and salt with the rice. Set aside and keep warm until you are ready to assemble the burritos.

SKIRT STEAK

Cut the skirt steak into portions that will fit in a medium stainless steel pan. Combine 2 tablespoons (15 ml) of the canola oil and the ground coffee, chili powder, cumin, garlic powder, salt, light brown sugar, and black pepper in a large bowl. Place the skirt steak in the bowl and toss until completely covered in the spices and oil. Set aside and let rest for 15 minutes.

Heat a stainless steel pan with 2 tablespoons (15 ml) of canola oil over high heat. Sear the steak to your desired temperature. Transfer to a plate and cover in aluminum foil. Allow the meat to rest for 10 minutes.

Slice the meat against the grain to avoid the pieces being chewy. Finally, slice into cubes and set aside until you are ready to assemble the burritos.

ASSEMBLY PER SERVING

To assemble each burrito, wrap a tortilla in a damp paper towel and heat in the microwave for 15 seconds. Add a portion of rice and top with the avocado. Add the steak. Wrap together and serve.



NOTE:

You may need less than 3 cups of liquid for your cooked rice. Make sure to follow your rice cooker's instructions for 2 cups of rice.





LUXURIOUS LIGHT FARE



I'm a woman of expensive tastes, so when I dine I want everything to taste expensive. This treat is succulent and decadent, but light enough to leave room for more.

DIFFICULTY: ○○

SPEED: ○○○○

PREP TIME: 30 minutes INACTIVE TIME: 8 hours COOK TIME: 20 minutes YIELD: 2 servings DIETARY NOTES: DF

INGREDIENTS

BONE MARROW

4 beef marrow bone halves

Kosher salt

Ground black pepper

BREAD

Ten ½-inch-thick (13 mm) baguette slices

Olive oil

SALAD TOPPING

¼ bunch cilantro

1 handful arugula, roughly chopped

1 shallot, thinly sliced

1 tablespoon (15 ml) lemon juice

½ tablespoon (7 ½ ml) olive oil

Kosher salt

Ground black pepper

⅓ cup (113 g) pomegranate arils

STEPS

BONE MARROW

Carefully remove any excess meat or fat from the outside of the bone, making sure not to destroy any part of the marrow. Prepare a large bowl with water and a generous amount of kosher salt. Place the bones in the bowl, cover, and place in the refrigerator overnight.

The next day, preheat the oven to 375°F (191°C). Remove the bones from the water and pat dry. Place on a baking sheet with a wire rack. Generously season with salt and pepper. Place in the oven and bake for 10 minutes.

Set the oven's temperature to 450°F (232°C) and bake for another 10 minutes as the temperature increases. Bake until the marrow begins to bubble. Serve immediately.

BREAD

Heat a medium nonstick pan over medium-high heat. Brush both sides of the baguette slices with olive oil. Place on the pan and toast until both sides are crispy and golden, about 2 to 3 minutes per side. Serve with the roasted bone marrow.

SALAD TOPPING

Mix together the cilantro, arugula, and shallots. Toss with the lemon juice and olive oil. Season with salt and pepper. Once the bone marrow has roasted, top each of the bones with the prepared salad and a generous helping of pomegranate arils.



POPPIN' EGGCORN



Ah! This was the signature treat at Eggmanland... until Sonic ruined everything. Regardless, I'll prepare a big batch to snack on when reviewing my files or relaxing after a long, hard day of global conquest.

DIFFICULTY: ○○○

SPEED: ○

PREP TIME: 30 minutes

INACTIVE TIME: 4 days

COOK TIME: 2 to 3 hours YIELD: 2 servings

DIETARY NOTES: V

INGREDIENTS

SALTED EGG YOLK

4 dried shiitake mushrooms

2 cups kosher salt

1 cup sugar

6 duck egg yolks

POPCORN

¼ cup (65 g) popcorn kernels

1 tablespoon (15 ml) canola oil

2 tablespoons (28 g) unsalted butter, melted

Grated salted egg yolk

STEPS

SALTED EGG YOLK

Place the shiitake mushrooms in a spice grinder and blend until a powder forms. Transfer to a medium bowl and combine with the salt and sugar.

Take $\frac{3}{4}$ of the mixture and place in a medium-sized airtight container, making sure the bottom is completely covered. With the back of a soup spoon, press down into the salt to make 6 indentations for the egg yolks.

Carefully place 1 egg yolk in each indentation, making sure none are touching. Cover the egg yolks with the remaining salt mixture. Close the container and refrigerate for 4 to 6 days.

Preheat the oven to 170°F (77°C). Remove the egg yolks from the salt mixture. They should be pretty solid at this point. Rinse the yolks to remove any excess salt and thoroughly dry them.

Place the egg yolks on a baking sheet with a wire rack. Bake in the oven for 2 to 3 hours, or until they are hard and completely dry.

Allow them to cool completely. They can be stored in an airtight container in the refrigerator for up to 2 months.

POPCORN

Place 3 popcorn kernels and canola oil in a medium-sized pot. Cover with a lid and place over medium-high heat. Heat until the 3 kernels pop.

Carefully remove the popped kernels. Add the remaining popcorn kernels to the pot and cover again. As the kernels pop, give the pot a few shakes to help bring the unpopped kernels to the bottom. Do this until the popping stops. After all the kernels are popped, place in a large bowl.

Add the butter and toss to coat. Grate with salted egg yolk to your liking.



NOTE:

Chicken eggs can be used if you are unable to find duck eggs.



SALADS

I love searching for flowers and gathering up honey! It's like being on a big case, but nobody's in trouble and you can take your time. Super easy! While I'm flying around, I find all sorts of greens and vegetables that are good to eat. The best part of making a salad? Finding the perfect, super-sweet dressing for it...like honey! Hee-hee!



ISLAND'S BOUNTY SALAD



My island is a lush paradise, so it's not hard to forage for food. I can put together a salad like this in no time! It's healthy, full of vital nutrients, and easily sustainable—which is perfect, since I'm devoted to maintaining the environment.

DIFFICULTY: ○○

SPEED: ○○○○

PREP TIME: 15 minutes **INACTIVE TIME:** 1 hour **COOK TIME:** 5 minutes **YIELD:** 6 servings **DIETARY NOTES:** V+

INGREDIENTS

DRESSING

1 tablespoon (15 ml) apple cider vinegar

2 tablespoons (30 ml) olive oil

Zest and juice of 3 limes

1 teaspoon (4 g) onion powder

Kosher salt

Ground black pepper

SALAD

½ personal-sized watermelon, cubed

1 cucumber, peeled and sliced

Kosher salt

2 ears of corn, husks removed

2 roma tomatoes, chopped

¼ red onion, chopped

3 scallions, chopped

15 mint leaves

½ bunch cilantro

STEPS

DRESSING

Place the apple cider vinegar, olive oil, lime zest, lime juice, and onion powder in an airtight container. Add salt and pepper to taste. Shake until mixed together well.

SALAD

Place the watermelon and cucumber in a colander. Generously season with salt and let sit for 30 minutes to remove excess liquid.

Bring a large pot of water to a boil. Add the corn and boil for 4 minutes. Fill a large bowl with ice water. Transfer the corn to the bowl and allow to cool. Cut the kernels from each cob, discarding the cobs, and place the kernels in a medium bowl. Add the watermelon, cucumber, tomatoes, red onion, scallions, mint, and cilantro.

Add the dressing and toss until well mixed. Let rest for 30 minutes before serving.



NOTE:

As this salad sits, the fruit and vegetables will release more and more moisture. If stored in the refrigerator, it has a shelf life of about 1 day.



SOLEANNA PRINCESS SPECIAL



A while back, I visited the town of Soleanna. They have a local delicacy based on their principal crop: apples! This dish is named after their beloved princess. I never got to meet her, but I feel like we would've gotten along splendidly!

DIFFICULTY:

SPEED:

PREP TIME: 30 minutes YIELD: 4 servings DIETARY NOTES: V

INGREDIENTS

APPLE DRESSING

¼ cup (60 ml) apple cider vinegar

¼ cup (84 g) honey

2 tablespoons (30 ml) lemon juice

2 teaspoons (10 g) Dijon mustard

⅓ cup (79 ml) olive oil

2 teaspoons (7 g) poppy seeds

SALAD

8 ounces (227 g) spinach, chopped

4 ounces (113 g) arugula, chopped

1 granny smith apple, cored and thinly sliced

1 pink apple, cored and thinly sliced

1 shallot, thinly sliced

½ cup (70 g) chopped pecans

3 ounces (85 g) goat cheese

STEPS

APPLE DRESSING

Place the apple cider vinegar, honey, lemon juice, Dijon mustard, olive oil, and poppy seeds in an airtight container. Shake until mixed together.

SALAD

Toss the spinach and arugula in a large bowl. Divide equally among 4 medium bowls.

Top with the apples, shallot, pecans, and goat cheese. Serve with the dressing.



NOTE:

Any variety of apple will work. These are just my personal favorites for this salad.





SUMPTUOUS SALAD



Sometimes I like something that bites back a little. The acidity in this salad does just that, bringing a delightful, bracing bit of fun to the dish. It's especially delicious when paired with the roasted marrow. It's a combo I deeply treasure!

DIFFICULTY: 

SPEED: 

PREP TIME: 30 minutes COOK TIME: 1 hour YIELD: 4 servings

DIETARY NOTES: V

INGREDIENTS

SHALLOT DRESSING

- 1 shallot, minced
- 1 tablespoon (12 g) Dijon mustard
- 1 tablespoon (21 g) honey
- 2 tablespoons (30 ml) lemon juice
- 2 tablespoons (30 ml) red wine vinegar
- $\frac{1}{3}$ cup (79 ml) olive oil
- Kosher salt

Ground black pepper

ROASTED GOLDEN BEETS

- 4 golden beets, leaves and stem removed

1 tablespoon (15 ml) olive oil

Kosher salt

Ground black pepper

SALAD

8 ounces (227 g) arugula, chopped

4 ounces (113 g) watercress, chopped

12 ounces (340 g) endive, chopped

Roasted golden beets

4 ounces (113 g) crumbled goat cheese

4 ounces (113 g) pistachios, coarsely chopped

Shallot dressing

STEPS

SHALLOT DRESSING

Place the shallot, Dijon mustard, honey, lemon juice, red wine vinegar, and olive oil in an airtight container. Add salt and pepper to taste. Shake until mixed together.

ROASTED GOLDEN BEETS

Preheat the oven to 400°F (204°C). Rub the beets with the olive oil. Generously season with salt and pepper. Place one of the beets on a sheet of aluminum foil and wrap it. Repeat with the remaining beets.

Place the aluminum-wrapped beets on a baking tray. Transfer to the oven and roast for 45 to 60 minutes, or until tender.

Allow the beets to cool before peeling and discarding the skin. Thinly slice the beets into ¼-inch-thick (3 mm) bite-size pieces. The sliced beets can be stored in an airtight container in the refrigerator for up to 1 week.

SALAD

Combine the arugula, watercress, and endive in a large bowl and toss until well mixed. Divide equally among 4 salad bowls.

Top each with roasted beets, goat cheese, and pistachios.
Serve with the shallot dressing.





A SIMPLE DEDUCTION



Look, not every “salad” has to be a heapin’ helping of leafy greens, right? And just like how my boys come together to form the Chaotix Detective Agency, this comes together with any pasta dish to make a full, hearty meal.

DIFFICULTY: ○ ○

SPEED: ○ ○ ○ ○

PREP TIME: 20 minutes

YIELD: 4 servings

DIETARY NOTES: GF

INGREDIENTS

2 large tomatoes, cut into ½-inch-thick (13 mm) slices

Kosher salt

12 ounces (340 g) fresh mozzarella

1 ounce (28 g) fresh basil

Ground black pepper

Honey

Balsamic vinegar

Olive oil

STEPS

Place the tomatoes on a plate in a single layer and sprinkle with salt. Allow to rest at room temperature for 10 minutes. Gently pat with a paper towel to remove any excess water pulled out by the salt.

For each serving, place a tomato slice on a plate and top with a leaf of basil and then a slice of mozzarella. Repeat until you have your desired portion.

Once prepared, sprinkle with salt and pepper. Drizzle with honey, balsamic vinegar, and olive oil to your liking. Serve immediately.



NOTE:

There are no rules on how to set this up. You can make it 1 large tower, a bunch of small towers with the 3 ingredients, or laid out in a circle, like the image.





LEAF SWIRL SALAD



My signature ninja technique is the “Leaf Swirl.” I disappear in a swirl of wind and leaves, vanishing from sight. My signature salad is likewise a... um... swirl of greenery. It is not invisible, though. It’s plainly visible and looks very good. It’s not a perfect metaphor, alright?

DIFFICULTY: 

SPEED: 

PREP TIME: 30 minutes

YIELD: 4 servings

DIETARY NOTES: V

INGREDIENTS

DRESSING

½ tablespoon (11 g) white miso

1 tablespoon (15 ml) yuzu juice

½ tablespoon (7 ½ ml) soy sauce

1 ½ tablespoons (3 ½ ml) rice vinegar

½ tablespoon (10 g) honey

One 1-inch (2 ½ cm) piece ginger, grated

1 teaspoon (5 ml) sesame oil

3 tablespoons (45 ml) canola oil

SALAD

4 ounces mizuna, cut into 2-inch-long (5 cm) pieces

2 ounces arugula

1 ounce spinach

1 cucumber, peeled, seeded, and sliced

12 mini tomatoes, halved

4 ounces sugar snap peas, cut into thirds

STEPS

Whisk together the white miso, yuzu juice, soy sauce, rice vinegar, honey, ginger, sesame oil, and olive oil in a small bowl.

Place the mizuna, arugula, and spinach in a large bowl. Add half of the dressing and toss until the greens are coated. Divide equally among 4 medium bowls.

Top each with cucumber, tomatoes, and sugar snap peas in a swirl design. Serve with the remaining dressing.



NOTE:

If mizuna is not available, substitute with equal parts watercress, mustard greens, kale, or any other slightly bitter green.





BREADS

Oi! Who wassit that looked at a buncha grasses and thought, “Y’know what’d be a bonzer idea? Get all them little seeds, grind ’em up, mix some bacteria and water in there, build a special, hot rock cave just to bake it in, then sit there and watch it for a while. That’ll make tucker!”’Cuz that sounds crazy, but breads are crazy good, so it all works out!



BANGLE BAGELS



These were inspired by my wardrobe! The bangles on my wrists are just for show, but these bagels are just as golden!! The great thing about them is you can accessorize with all kinds of spreads and toppings, then share them with your friends!



Please don't wear these on your wrists! They will make your hands look too delicious!

DIFFICULTY:



SPEED:



PREP TIME: 1 hour 30 minutes

INACTIVE TIME: 12 hours

COOK TIME: 30 minutes

YIELD: 6 bagels

DIETARY NOTES: V, DF

INGREDIENTS

DOUGH

1 cup (237 ml) warm water (<110°F/<43°C)

2 (42 g) honey

2 ½ cups plus 1 tablespoon (395 g) bread flour

1 tablespoon (7 g) ground turmeric

1 tablespoon (10 g) vital wheat gluten

2 teaspoons (7 g) active dry yeast

1 tablespoon (14 g) sugar

2 teaspoons (8 g) kosher salt

WATER BATH

8 cups (1.892 l) water

$\frac{1}{4}$ cup (66 g) honey

EGG WASH

1 egg

2 tablespoons (30 ml) water

TO SERVE

8 ounces (226 g) strawberry cream cheese

4 ounces (113 g) fresh raspberries

STEPS

Combine the water and honey. Whisk until the honey is dissolved. Combine 2 $\frac{1}{2}$ cups bread flour with the turmeric, vital wheat gluten, active dry yeast, sugar, and salt in a large bowl. Add the water mixture to the dry ingredients and mix until it just comes together. Once combined, let rest for 5 minutes.

Transfer to a countertop and knead. Add the additional 1 tablespoon (8 g) of bread flour while kneading. Knead for about 10 minutes. If the dough is still sticky, add additional flour. The end result should be a firm dough. Place in a large oiled bowl and cover. Let rest in the refrigerator overnight, at least 12 hours.

Take the dough out of the refrigerator. Split into 6 equal portions (2.5 cm) and form into balls. Cover with a kitchen towel and let rest for 20 minutes.

Take one of the dough balls and roll it out flat until it is about 1-inch thick. Take one end and tightly roll the dough into a log.

Using your hands, roll the log until it is about 8 to 10 inches long. The ends should be slightly thinner than the center of the log.

Take the log and loop it around your hand. The ends should overlap with one another, about 2 inches (5 cm). Pinch them

together. With your hand in the center of the bagel, carefully roll the two ends together on the counter until they just come together.

Transfer to a baking sheet lined with parchment paper and repeat with the remaining dough portions. Cover and let rest for another 30 minutes.

Preheat the oven to 425°F (218°C). Combine the water and honey for the water bath in a medium pot. Bring to a boil. Place the bagels in the boiling water for 30 seconds per side and then place back on the baking sheet. Be sure not to overcrowd the bagels during this process.

Whisk together the egg and 2 tablespoons (30 ml) water for the egg wash. Brush each bagel with the egg wash. Bake for 18 to 20 minutes. Serve with strawberry cream cheese and fresh raspberries.



GARDON'S SCONES



Gardon is both the captain of my imperial guard and a trusted friend. He dutifully looks after my well-being in all manner of ways, including my diet. I'm often so fixated on my duties that I neglect meals, so he prepares these scones as a quick means of catching up.

DIFFICULTY: 

SPEED: 

PREP TIME: 15 minutes

INACTIVE TIME: 15 minutes

COOK TIME: 17 minutes

YIELD: 14 to 16 scones

DIETARY NOTES: V

INGREDIENTS

3 cups (455 g) all-purpose flour

1 teaspoon (4 g) kosher salt

¼ cup (59 g) sugar

1 ½ tablespoons (21 g) baking powder

½ cup (112 g) unsalted butter, cubed and cold

⅓ cup (75 g) dried cherries

½ tablespoon (2 ½ ml) vanilla extract

1 cup (237 ml) buttermilk

1 egg

2 teaspoons (10 ml) water

Jam (optional)

STEPS

Combine the flour, salt, sugar, and baking powder in a large bowl. Add the butter and combine with your hands until the mixture resembles coarse cornmeal. Toss in the cherries and mix until incorporated.

Add the vanilla extract and buttermilk. Stir until the dough becomes workable. Transfer to a lightly floured countertop and knead until the dough just comes together. Make sure to not overwork the dough.

Gently pat the dough into a 1-inch-tall (25 mm) disk. Cut into ten 2 ½-inch (64 mm) round pieces. Place on a baking sheet with parchment paper. Refrigerate for 15 minutes.

Preheat the oven to 425°F (218°C). Whisk together the egg and water. Take the scones out of the refrigerator and brush with the egg wash. Bake for 15 to 17 minutes, or until golden brown. Transfer to a wire rack and allow to cool. Serve with your favorite jam.



“UNLIMITED POTENTIAL” TORTILLAS



These are fast and efficient to create.



Oh, come on, Shadow. There's more to them than that. They can be filled with all sorts of things to create many types of meals. They have limitless potential—just like you, right?



I am me. Nothing else.

DIFFICULTY: Three yellow circles, indicating a difficulty level of 3 out of 5.

SPEED: Four yellow circles, indicating a speed level of 4 out of 5.

PREP TIME: 45 minutes

INACTIVE TIME: 30 minutes

COOK TIME: 2 minutes per tortilla

YIELD: 6 tortillas

DIETARY NOTES: V

INGREDIENTS

2 cups (250 g) all-purpose flour

½ cup (65 g) blue cornmeal

1 teaspoon (4 g) baking powder

1 teaspoon (4 g) kosher salt

¼ teaspoon (1 g) cayenne pepper

1 teaspoon (4 g) garlic powder

¼ cup (56 g) unsalted butter, cubed and cold

¾ cup (177 ml) warm water

1 tablespoon (15 ml) canola oil

STEPS

Combine the flour, blue cornmeal, baking powder, salt, cayenne pepper, and garlic powder in a medium bowl. Add the butter. Using your hands, combine the butter with the dry ingredients until it resembles coarse cornmeal. Add the water and canola oil. Mix until combined. If the dough is feeling a bit too sticky, add additional flour.

Transfer the dough to a floured countertop and knead until completely smooth. Divide into 6 equally portioned balls. Cover with a damp paper towel and allow to rest for at least 30 minutes.

Begin preheating a medium comal pan over high heat. Take one ball and place it on a floured countertop. Flatten the dough slightly with your hand. With a rolling pin, flatten the dough until it is nearly paper-thin, about 9 to 10 inches (23 to 25 cm) wide in size.

Place a tortilla in the pan and cook on one side for about 1 minute, or until it begins to brown. Flip and cook again until it browns. Repeat with each tortilla.

Once all the tortillas are done, you can enjoy them as you finish making them or store them in the refrigerator. Make sure they are completely sealed off with plastic wrap or in an airtight container. Wrap a tortilla in a damp paper towel and heat in the microwave for 15 seconds before eating.



NOTE:

This process is quick. I recommend rolling the dough out as you have a tortilla currently cooking. This will keep the dough from drying up while it waits to cook.



CHARMY'S SWEET TREAT!



Yeah! It's another dessert! I told Vector and Espio it was a “bread dish” so they'd serve it up with dinner, but—surprise! —it's super sweet and delicious! And if it's sweet and delicious, it has to be a dessert! Wah ha ha!

DIFFICULTY: 4 yellow circles

SPEED: 3 yellow circles

PREP TIME: 1 hour

INACTIVE TIME: 3 hours

COOK TIME: 30 minutes

YIELD: 1 challah

DIETARY NOTES: V

INGREDIENTS

1 ½ tablespoons (17 g) active dry yeast

¾ cup (156 g) warm water (<110°F | <43°C)

4 cups (585 g) bread flour

2 teaspoons (8 g) salt

1 teaspoon (3 g) cinnamon

¼ cup (54 g) vegetable oil

½ cup (84 g) honey

3 eggs

2 egg yolks, egg whites reserved

4 drops pink food dye

2 teaspoons (8 g) poppy seeds

STEPS

Combine the yeast and water. Allow the yeast to bloom, about 5 minutes. Combine the bread flour, salt, and cinnamon in a large bowl. Add the yeast water, vegetable oil, honey, 3 whole eggs, and 2 egg yolks. Mix until it just comes together.

Knead the dough for 10 minutes. If the dough is too sticky, add additional flour.

Divide the dough into 4 equal portions. Shape one into a ball and transfer to a large oiled bowl. Cover and place in a warm area. Allow to proof for 2 hours, or until doubled in size.

Combine the remaining 3 portions. Add a few drops of pink food dye and knead until combined. Shape into a ball and transfer to another large oiled bowl. Cover and place in a warm area. Allow to proof for 2 hours, or until doubled in size.

After both doughs have rested, transfer the nondyed dough to a floured countertop and punch down. Divide into 2 equal portions. Lightly roll out one portion into a 10-inch-long (25 cm) rope. If the dough resists, allow it to rest for another 10 minutes. Repeat this with the other portion.

Lay the two portions vertically from yourself. Pinch together the ends furthest away from you. Tightly braid the two pieces together and pinch the end of the braid together. Shape the braided log into a tight circle, and knot the two ends closed. Place on a parchment paper-lined baking sheet.

Take the dyed dough and divide into three equal portions. Place two of the portions under a kitchen towel.

Take the other portion and divide into 2 equal portions. Lightly roll out the dough into a 10-inch-long (25 cm) rope. If the dough resists, allow it to rest for another 10 minutes. Repeat this with the other portion.

Lay the two portions vertically from yourself. Pinch together the ends furthest away from you. Tightly braid the two pieces together and pinch the end of the braid together. Shape the braided log into a tight circle, and knot the two ends closed. Place on the baking sheet, directly next to the plain dough.

Repeat previous two steps with the remaining portions. Position those doughs next to the plain one, making it look like a three-petal flower. Cover with a kitchen towel and let rise for 1 hour, or until doubled in size.

Preheat the oven to 375°F (191°C). Uncover the bread and brush with the reserved egg whites. Sprinkle the poppy seeds over the bread. Bake for 25 to 30 minutes, or until the bread is golden brown and registers an internal temperature of 190°F (88°C).



SIMPLE PLEASURES



After a successful op, my old team would celebrate with these. When I eat them now, it feels like I'm with the team again. I hope you share them with the people close to you.

DIFFICULTY: 

SPEED: 

PREP TIME: 20 minutes COOK TIME: 20 minutes YIELD: 12 muffins DIETARY NOTES: V

INGREDIENTS

MUFFIN

- 2 cups (300 g) all-purpose flour
- 1 teaspoon (3 g) cinnamon
- 1 teaspoon (3 g) cardamom
- 2 teaspoons (8 g) baking powder
- ½ teaspoon (2 g) kosher salt
- ½ cup (116 g) sugar
- ½ cup (112 g) unsalted butter, melted and cooled
- 1 ¼ cups (296 ml) milk
- 1 egg
- 1 teaspoon (5 ml) vanilla extract

FOR DECORATING (OPTIONAL)

White candy melts, melted

Grey candy melts, melted

Black candy melts, melted

STEPS

Preheat the oven to 375°F (191°C). Combine the flour, cinnamon, cardamom, baking powder, and salt in a small bowl. In a medium bowl, whisk together the sugar and butter until combined. Add the milk, egg, and vanilla extract and mix until well combined.

In two batches, add the dry ingredients to the wet ingredients. Mix until smooth. Pour the batter into a greased muffin tin, about $\frac{3}{4}$ full. Place in the oven and bake for 18 to 20 minutes, until a toothpick comes out clean.

To assemble Whisper's mask, create the base layer with the white melted candy melts, allow to set. Use the gray and black candy melts to add the mask details. Allow to set before serving. Can be stored in an airtight container at room temperature for up to 2 weeks.





SOUPS AND STEWS

The art of stewing comes down to control and patience. You must keep the flame steady and mind your dish as it grows in flavor. It's not simply heating water and its contents. And... it is possible to burn soup. We... *ahem*... we all must learn through trial and error.



SONIC'S SIGNATURE CHILI



Can't have a chili dog without chili, right? Sure, you can have it on its own. There's a bunch of recipes in this book you could add this chili to. But before you go too wild, let me remind you: chili dogs. Feel free to experiment, but don't forget this tried-and-true perfection.

DIFFICULTY:   

SPEED: 

PREP TIME: 1 ½ hours

COOK TIME: 5 hours

YIELD: 8 servings

DIETARY NOTES: DF, GF

INGREDIENTS

- 1 onion, quartered
- 1 yellow bell pepper, whole
- 1 red bell pepper, whole
- 1 jalapeño pepper, whole
- 1 poblano pepper, whole
- Olive oil

Kosher salt

Ground black pepper

6 garlic cloves

2 pasilla peppers, stemmed and seeded

1 mulato pepper, stemmed and seeded

6 ounces (171 g) tomato paste

28 ounces (794 g) diced tomatoes

2 pounds (907 g) ground beef

2 teaspoons (8 g) kosher salt

1 teaspoon (1 g) ground black pepper

2 tablespoons (16 g) ground cumin

2 tablespoons (20 g) chili powder

1 teaspoon (2 g) ground cinnamon

1 tablespoon (18 g) brown sugar

1 tablespoon (10 g) ground coffee

1 tablespoon (15 ml) Worcestershire sauce

One 15-ounce (425 g) can dark red kidney beans, rinsed

2 bay leaves

STEPS

Preheat the oven to 450°F (232°C). Place the onion, yellow bell pepper, red bell pepper, jalapeño pepper, and poblano pepper on a baking sheet. Brush with the olive oil and season with the salt and pepper. Bake for 25 minutes. Flip everything over and add the garlic cloves to the tray. Bake for another 15

minutes or until the peppers have softened and started to blacken.

Take the baking sheet out of the oven and wrap in foil. Let the vegetables rest for 30 minutes or until they are cool enough to work with. Remove the skins, stems, and seeds from the peppers. Dice all of the roasted vegetables and set aside.

Place the pasilla peppers and mulato pepper in a dry medium skillet and cook over medium-high heat. Toast until fragrant, about 2 to 3 minutes per side.

Transfer the peppers to a small pot and cover with water. Bring to a simmer over high heat. Cover, remove from heat, and let rest for 10 minutes.

Remove the peppers from the water and transfer to a blender. Add the tomato paste and half the diced tomatoes. Blend together until smooth and set aside.

Heat a deep pot over medium-high heat. Add the ground beef and cook until browned. Add the salt, pepper, cumin, chili powder, cinnamon, brown sugar, coffee, and Worcestershire sauce. Mix until well combined.

Mix in the roasted vegetables. Add the red kidney beans, remaining diced tomatoes, and blended pepper mixture. Bring to a simmer. Finally, add the bay leaves, cover, and reduce the heat to low. Simmer for 4 hours, stirring once every hour or so. Once cooked, remove and discard the bay leaves. Enjoy as is or use for chili dogs.



NOTE:

If the mixture is too thick to blend, add a few spoonfuls of the water used to heat the peppers. Do not add too much; you want this to be a thick paste.



WHEN A FLATFOOT'S FLAT BROKE



A good detective makes the most of what they've got. Sometimes you ain't got a lot to go off of, so you make the best of what you've got. A good ol' ramen will keep your belly full and your spirits up. And hey! If you got a little extra lying around, it's real easy to dress it up!

DIFFICULTY: ○ ○

SPEED: ○ ○ ○ ○

PREP TIME: 30 minutes

INACTIVE TIME: 24 hours

COOK TIME: 30 minutes

YIELD: 1 ramen bowl

DIETARY NOTES: DF

INGREDIENTS

SOFT-BOILED EGG

4 eggs

½ cup (118 ml) soy sauce

¼ cup (59 g) sugar

½ cup (118 ml) water

1 dehydrated shiitake mushroom

RAMEN

2 ½ tablespoons (37 ml) canola oil, divided

4 garlic cloves, sliced

4 ounces (113 g) spinach

2 shiitake mushrooms, sliced

1 piece nori

1 serving instant ramen, any flavor

2 slices bacon, cooked and chopped

2 scallions, chopped

1 teaspoon (1 g) black sesame seeds

STEPS

SOFT-BOILED EGG

Bring a medium pot of water to a boil. Gently place the eggs in the pot, cover, and cook for 6 ½ minutes. Once cooked, immediately take the pot off the stove and place under cold running water. Move the contents to a medium bowl of ice water. Carefully remove the shells from the eggs.

Mix the soy sauce, sugar, water, and dehydrated shiitake mushroom in a resealable bag. Add the eggs. Seal and make sure the eggs are fully covered. Place in the refrigerator and marinate for at least 24 hours. This can be stored in the refrigerator for up to 3 days.

RAMEN

Heat 1 tablespoon (15 ml) of canola oil in a medium nonstick pan over medium-high heat. Add the garlic, making sure no slices are stacked on top of one another. Cook and flip occasionally until the garlic is golden brown, about 2 to 3 minutes. Transfer to a plate with a paper towel to remove any excess oil.

Return the pan to the burner and add ½ tablespoon (7.5 ml) of canola oil. Add the spinach and cook until wilted. Transfer to a plate.

Return the pan to the burner and add 1 tablespoon (15 ml) of canola oil. Add the mushrooms and cook until golden brown, about 10 to 15 minutes.

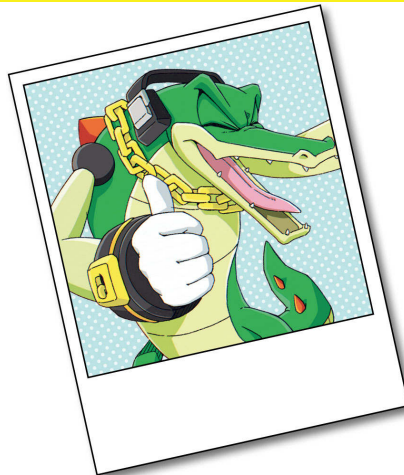
Line the inside of a large bowl with the nori. To help it stick, lightly wet parts of the nori and press onto the bowl.

Cook the instant ramen according to the package instructions and transfer to the prepared bowl. Top with the garlic, spinach, mushrooms, bacon, scallions, and black sesame seeds. Finally, cut a soft-boiled egg in half and place in the bowl.



NOTE:

This makes enough for 4 ramen bowls. Better to prep these ahead of time than to make them daily.





THE COLD GAZE OF THE INVISIBLE NINJA



A ninja warrior's fiery spirit must be tempered with a cool determination. That temperance can be achieved by consuming this delicate balance of yuzu and chilled udon. It is also helpful to know this recipe when a certain someone doesn't pay the power bill and our stove won't turn on, *Vector*.

DIFFICULTY: ○○○

SPEED: ○○○

PREP TIME: 30 minutes INACTIVE TIME: 3 hours COOK TIME: 45 minutes YIELD: 4 servings DIETARY NOTES: V

INGREDIENTS

CHILLED YUZU BROTH

2 cups (473 ml) vegetable broth

2-inch (5 cm) square kombu

2 dehydrated shiitake mushrooms

2 tablespoons (30 ml) soy sauce

1 tablespoon (15 ml) mirin

1 tablespoon (12 g) kosher salt

1 tablespoon (16 g) sugar

1 tablespoon (15 ml) yuzu juice

POACHED EGGS

4 eggs, cracked into separate small bowls

2 teaspoons (10 g) vinegar

Pinch of kosher salt

ASSEMBLY

½ tablespoon (7 ½ ml) canola oil

2 baby bok choy, quartered

½ cup (118 ml) water

4 servings udon, cooked

4 scallions, chopped

Black sesame seeds

White sesame seeds

STEPS

CHILLED YUZU BROTH

Place the vegetable broth, kombu, and shiitake mushrooms in a medium saucepan over medium-high heat. Bring to a simmer, then reduce the heat to medium-low. Simmer for 20 minutes.

Remove and discard the kombu and mushrooms. Add the soy sauce, mirin, salt, and sugar. Mix until the sugar has dissolved. Simmer for another 5 minutes.

Transfer to an airtight container and allow to cool completely. Once cooled, whisk in the yuzu juice. Cover and place in the refrigerator for at least 3 hours to completely chill.

POACHED EGGS

Bring 2 inches (5 cm) of water to a boil in a deep, large pan. Whisk in the vinegar and salt. Carefully take the eggs and slowly pour them in the water. Cook for 3 ½ minutes. Carefully flip the

eggs and cook for another minute. Remove the eggs and place on a paper towel to dry.

ASSEMBLY

Heat the canola oil in a medium nonstick pan over medium-high heat. Add the baby bok choy and cook until all sides are sautéed, about 8 to 10 minutes.

Add the water and cover with a lid. Cook until all the water has evaporated and the bases of the baby bok choy have softened, about 5 minutes.

To prepare a bowl, place the udon at the bottom. Top with a quarter portion of bok choy, a quarter portion of scallions, 1 poached egg, and a sprinkling of both white and black sesame seeds.

Add $\frac{1}{4}$ cup (59 ml) of the chilled yuzu broth and serve immediately.



CHARMY'S TOTALLY NORMAL NOT-SWEET SOUP



Shh! Wanna know a secret? This soup? *It totally is sweet!* Ha ha ha! I gotcha! I totally fooled you! I... what? You haven't made it yet? Oh no! Well... well... well... when you make it? And you try it? You have to act surprised, like I got you, okay?!

DIFFICULTY: ○ ○

SPEED: ○ ○ ○

PREP TIME: 1 hour

INACTIVE TIME: 4 hours

COOK TIME: 30 minutes

YIELD: 4 servings

DIETARY NOTES: V, DF

INGREDIENTS

BLACK SESAME SOUP

3 tablespoons (47 g) glutinous rice

4 ½ cups (1.065 l) water, divided

¾ cup (100 g) black sesame seeds

Pinch of kosher salt

⅓ cup (113 g) honey

$\frac{1}{3}$ cup (67 g) sugar (optional)

HONEY MOCHI BALLS

$\frac{1}{2}$ cup (65 g) glutinous rice flour

1 teaspoon (4 g) sugar

$\frac{1}{4}$ cup (59 ml) hot water

2 drops yellow food dye (optional)

2 cups (473 ml) water

$\frac{1}{2}$ cup (170 g) honey

3 slices of ginger

STEPS

BLACK SESAME SOUP

Combine the rice and $\frac{1}{2}$ cup (118 ml) water in a medium bowl. Let the rice soak at room temperature for 4 hours. Strain the rice and transfer to a blender.

Heat a small stainless steel pan over medium-high heat. Add the black sesame seeds and toast until fragrant, about 3 to 5 minutes. Remove and transfer to the blender.

Add 2 cups (473 ml) of water to the blender and blend until smooth. Transfer to a medium pot through a mesh strainer. Return any of the large bits left in the strainer to the blender with 1 cup (236 ml) of water and blend once more.

Once again, transfer to the pot through a mesh strainer. Return any of the large bits left in the strainer to the blender with the remaining 1 cup (236 ml) of water and blend once more.

Transfer to the pot through the mesh strainer and discard any remaining chunks. Place the pot over medium-high heat and bring to a boil. Add the salt and honey and stir.

Reduce the heat and simmer for 15 minutes, or until the mixture has thickened. It can be served as is, but for an extra layer of texture, serve with the prepared honey mochi.

HONEY MOCHI BALLS

Combine the glutinous rice flour and sugar in a small bowl. Slowly pour in the hot water and yellow food dye, if using, and stir. You may need more or less water. The consistency of the dough should feel like an earlobe. Lightly knead the dough until completely smooth. Place under a damp towel.

Divide into 12 portions. With your hands, lightly moisten and shape the dough into smooth balls. Transfer to a plate and cover with a damp towel to keep the dough from drying out.

Add the water, honey, and ginger slices to a medium pot and warm over medium-high heat. Simmer for 10 minutes to help infuse the flavors.

Add the dough balls to the pot. Give them a stir so they don't stick to the bottom. Once the balls start to float, they are done, about 2 to 3 minutes. Transfer to a large bowl of ice water. Let rest for about two minutes.

Drain the dough balls and transfer into 4 small bowls to serve with the black sesame soup.



NOTE:

Keep the dough from drying out by keeping your hands moist and covering the bowl with a damp towel when you aren't working with it.



NOTE:

If you would like a sweeter soup base, add the sugar with the honey. This will become a very sweet soup, just like Charmy would like.



MARINE'S BONZER DELISH DISH OF FIERY WONDER AND FLAVOR



Oi! This here? Only the best curry yer ever gonna have, I reckon! I asked the blokes in the palace to whip some up for me, and you know what? Too tame! No wonder! No flavor! I hadta go in there and show 'em how to do it right. Now you got me recipe so you can do it right, too!

DIFFICULTY: 2 yellow circles

SPEED: 4 yellow circles

PREP TIME: 30 minutes

COOK TIME: 30 minutes

YIELD: 4 to 6 servings

DIETARY NOTES: DF

INGREDIENTS

2-inch (5 cm) piece ginger, sliced

2-inch (5 cm) piece galangal, sliced

2 stalks lemongrass, crushed

2 shallots, quartered

3 garlic cloves, sliced

4 cups (946 ml) chicken stock
2 tablespoons (30 ml) fish sauce
1 tablespoon (20 g) palm sugar
1 ½ cups (355 ml) coconut milk
3 Thai chiles, sliced
1 king oyster mushroom, sliced
1 bunch shimeji mushrooms
1 pound (454 g) shrimp, peeled and deveined
2 tablespoons (30 ml) lime juice
2 teaspoons lime zest
Kosher salt
Ground black pepper
2 cups rice, cooked
3 scallions, sliced
1 handful cilantro
½ cup (170 g) bean sprouts (optional)
2 limes, quartered

STEPS

Combine the ginger, galangal, lemongrass, shallots, garlic cloves, and chicken stock in a medium pot and heat over medium-high heat. Bring to a simmer for 20 minutes.

Remove and discard the ginger, galangal, lemongrass, shallots, and garlic cloves. Add the fish sauce, palm sugar, and coconut milk and stir well.

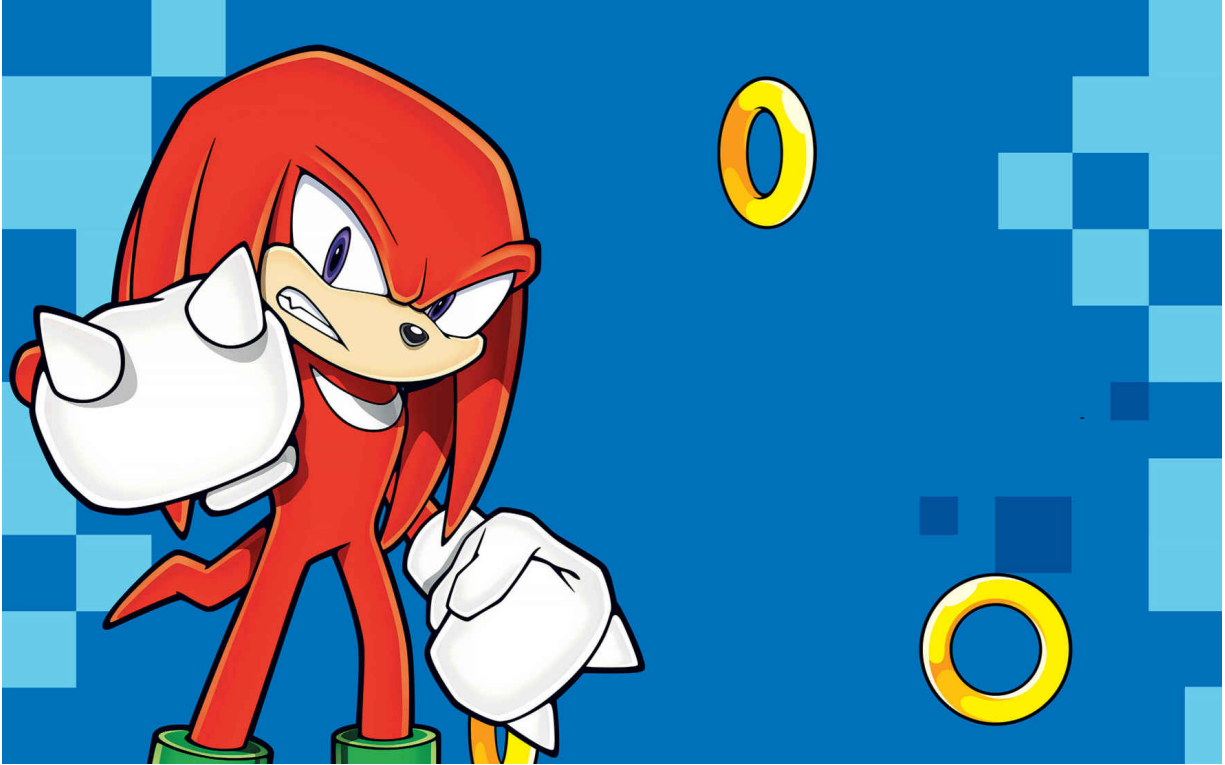
Add the Thai chiles, king oyster mushroom, and shimeji mushrooms. Cook until the mushrooms soften, about 5 to 8

minutes.

Add shrimp and cook until it turns pink, about 3 to 5 minutes. Finally, add the lime juice and lime zest. Season with salt and pepper.

To serve, place the cooked rice in a bowl. Pour the soup on top. Garnish with the scallions, cilantro, bean sprouts, if using, and lime quarters.





SANDWICHES

Now this is my kind of meal—simple, straightforward, and impossible to mess up. Don't get me wrong—it can be satisfying to put together something sophisticated. But some days you don't want to think too hard. You just want to eat.



THE PERFECT CHILI DOG



Ahh... is there anything better than a warm chili dog on a cold day? Or a warm day? Or at night? Anytime, really. C'mon, it's a chili dog! It's perfect whenever! And this recipe right here? Also perfect. Aw, man, I want one right now!

DIFFICULTY:

SPEED:

PREP TIME: 10 minutes

COOK TIME: 10 minutes

YIELD: 1 hot dog

DIETARY NOTES: DF

INGREDIENTS

1 hot dog

1 hot dog bun

$\frac{1}{4}$ cup [Sonic's Signature Chili](#), heated

Mustard

2 tablespoons (30 ml) onion, chopped

2 tablespoons (30 ml) cheddar cheese, shredded

STEPS

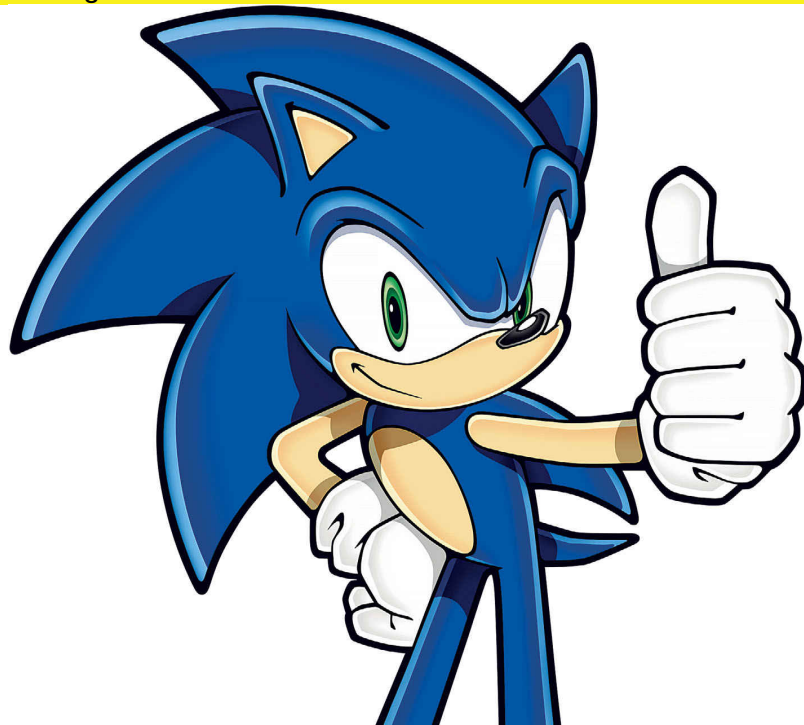
Heat a small pot of water over medium-high heat and bring to a boil. Add the hot dog and cook until warm, about 3 to 5 minutes. Place a wire rack or steam basket above the water and place the hot dog bun on top. Heat for 30 seconds.

Place the hot dog in the bun. Top with chili, mustard, onion, and cheddar cheese.



NOTE:

You can mix and match the toppings. The important part is the chili! Besides that, top to your liking.





WEST SIDE ISLAND SANDWICH



I grew up on West Side Island, and it's where I met Sonic, so this sandwich is named in honor of it! Just like how there are lots of varied biomes right next to each other on the island, I've put a variety of goodies on the kebab. The mint sauce is my own personal touch!

DIFFICULTY: ○ ○

SPEED: ○ ○ ○ ○

PREP TIME: 30 minutes **INACTIVE TIME:** 4 hours **COOK TIME:** 10 minutes **YIELD:** 4 to 6 Servings **DIETARY NOTES:** GF

INGREDIENTS

LAMB KEBAB

- 2 tablespoons (17 g) ground cumin
- 1 tablespoon (4 g) ground cinnamon
- 1 tablespoon (7 g) ground turmeric
- 2 teaspoons (6 g) garam masala
- 2 teaspoons (3 g) dry oregano
- 2 teaspoons (8 g) kosher salt
- 1 teaspoon (1 g) ground black pepper

5 tablespoons (75 ml) olive oil

2 pounds (907 g) lamb shoulder, cut into bite-size pieces

MINT SAUCE

1 cup (250 g) Greek yogurt

1 ounce (18 g) fresh mint

¼ cup (59 ml) lemon juice

5 garlic cloves

Kosher salt

Ground black pepper

ASSEMBLY PER SANDWICH

1 pita

Mint sauce

2 leaves butter lettuce

4 slices of cucumber

2 slices of tomato

1 lamb skewer

STEPS

LAMB KEBAB

Whisk together the cumin, cinnamon, turmeric, garam masala, oregano, salt, pepper, and olive oil in a medium bowl. Add the lamb shoulder and toss until the lamb is coated in the sauce. Cover and marinate in the refrigerator for 4 hours.

Place 4 to 6 wooden skewers in water and let sit for 30 minutes prior to grilling. Remove the lamb meat from the sauce. Place about 6 pieces of lamb on each skewer.

Preheat a grill pan over medium-high heat. Spray with nonstick spray. Cook the skewers in the grill pan for 5 to 10 minutes, flipping to crisp all sides.

MINT SAUCE

Place the yogurt, mint, lemon juice, and garlic cloves in a food processor. Pulse until well combined and the garlic and mint are minced. Season with salt and pepper. Transfer to an airtight container. This can be stored in the refrigerator for up to 5 days.

ASSEMBLY PER SANDWICH

To make a sandwich, warm pita in the oven at 350°F (177°C) for 2 minutes, then cut the top ⅛ off. Spread a generous portion of the mint sauce inside the pita. Place the lettuce, cucumber, and tomato inside. Remove the lamb from the skewer and fill the pita with lamb.





KNUCKLES SANDWICH



I dunno why Sonic insisted I call it this. I mean... wouldn't any sandwich I make be a "Knuckles sandwich"? Anyway, this thing is loaded with good stuff to keep you fueled while on the go. If someone challenges you along the way, back 'em up with a "knuckles sandwich" of your own! Hey... wait a minute...

DIFFICULTY: 3 yellow circles

SPEED: 3 yellow circles

PREP TIME: 1 hour INACTIVE TIME: 2:30 minutes COOK TIME: 30 minutes YIELD: 4 sandwiches DIETARY NOTES: V

INGREDIENTS

PICKLED CARROTS

½ cup (118 ml) white vinegar

½ cup (118 ml) water

⅓ cup (70 g) sugar

1 tablespoon (12 g) kosher salt

1 teaspoon (4 g) black peppercorns

3 sprigs cilantro

1 sprig mint

2 carrots, peeled and julienned

PICKLED CABBAGE

½ cup (118 ml) white vinegar

1 tablespoon (20 g) maple syrup

½ cup (118 ml) water

⅓ cup (70 g) sugar

1 tablespoon (12 g) kosher salt

1 teaspoon (4 g) black peppercorns

½ purple cabbage, shredded

ROASTED VEGETABLES

2 red bell peppers, halved and seeded

2 yellow bell peppers, halved and seeded

1 red onion, thickly sliced

2 tablespoons (30 ml) olive oil

Kosher salt

Ground black pepper

PESTO GOAT SPREAD

2 ounces (57 g) fresh basil

2 tablespoons (28 g) parmesan cheese, shredded

2 tablespoons (17 g) pine nuts

1 garlic clove

2 tablespoons (30 ml) olive oil

2 ounces (57 g) soft goat cheese

1 ½ ounces (43 g) crème fraîche

ASSEMBLY PER SANDWICH

2 slices multigrain bread

Mayo

½ avocado, sliced

Pesto goat spread

2 leaves butter lettuce

Pickled carrots

Pickled cabbage

3 cucumber slices

1 slice tomato

Roasted vegetables

Handful of radish sprouts

STEPS

PICKLED CARROTS

Combine the white vinegar, water, sugar, and salt in a large airtight container. Add the black peppercorns, cilantro, mint, and carrots. Cover, shake, and place in the refrigerator for at least 30 minutes. This can be stored in the refrigerator for about 1 week.

PICKLED CABBAGE

Combine the white vinegar, maple syrup, water, sugar, and salt in a large airtight container. Add the black peppercorns and cabbage. Cover, shake, and place in the refrigerator for at least 30 minutes. This can be stored in the refrigerator for about 1 week.

ROASTED VEGETABLES

Preheat the oven to 450°F (232°C). Place the red bell peppers, yellow bell peppers, and red onion on a baking sheet. Brush with the olive oil and season with the salt and pepper. Bake for 30 minutes, or until the peppers have softened and started to blacken.

Take the baking sheet out of the oven and wrap it in foil. Let the vegetables rest for 10 minutes or until they are cool enough to work with. Remove the pepper skins. Allow to cool completely. Place in an airtight container and refrigerate for at least 2 hours before using in a sandwich.

PESTO GOAT SPREAD

Combine the basil, parmesan cheese, pine nuts, garlic clove, and olive oil in a food processor and pulse until smooth. Add the goat cheese and crème fraîche and pulse until combined. Transfer to an airtight container. This can be stored in the refrigerator for up to 5 days.

ASSEMBLY PER SANDWICH

To assemble a sandwich, place two slices of multigrain bread on a large piece of parchment paper. Smear a generous portion of mayo on one. Top with the avocado slices and lightly smash. Set this piece aside.

Take the other slice of multigrain bread and smear the pesto goat spread on it. Top with the butter lettuce, making sure to cover the entire piece of bread. Add a layer each of pickled carrots and pickled cabbage.

Top with the cucumber slices and the tomato slice. Carefully layer the roasted vegetables. Finally, add a portion of radish sprouts.

Place the mayo-smeared piece of bread on top. Wrap the sandwich in the parchment paper.



NOTE:

These sandwiches are very large. Wrapping in the parchment paper will help keep everything in the sandwich as you eat it. Just make sure to not eat the parchment paper!



A RIVAL'S CHILI DOG



I love food in Sonic's time, but those from my time are as good! That even includes making chili dogs. (Trust me. It makes sense. To me.) Instead of gooey cheese, I'm using a nice, crisp slaw. Take that, Sonic!

DIFFICULTY: 

SPEED: 

PREP TIME: 30 minutes INACTIVE TIME: 8 hours COOK TIME: 5 minutes YIELD: 10 to 12 servings DIETARY NOTES: DF

INGREDIENTS

SLAW

¼ cup (58 g) mayo

2 teaspoons (10 ml) white vinegar

Juice of ½ lemon

1 tablespoon (13 g) sugar

2 teaspoons (8 g) kosher salt

One ½-pound (226 g) cabbage, diced

1 carrot, peeled and diced

¼ onion, diced

ASSEMBLY PER HOT DOG

1 hot dog

1 hot dog bun

¼ cup [Sonic's Signature Chili](#), heated

2 tablespoons slaw

STEPS

SLAW

Whisk together the mayo, white vinegar, lemon juice, sugar, and salt in a small bowl. Combine the cabbage, carrot, and onion in a large bowl. Toss the vegetables in the dressing until fully coated. Cover and place in the refrigerator overnight.

ASSEMBLY PER HOT DOG

Place a large pot of water over medium-high heat and bring to a boil. Add the hot dogs and cook until warm, about 3 to 5 minutes. Place a wire rack or steam basket above the water and place the hot dog buns on top. Heat for 30 seconds.

Place each hot dog in a hot dog bun. Top with a generous portion of chili and as much slaw to your liking.



NOTE:

This makes enough to top 10 to 12 hot dogs, but it can also be enjoyed as a side dish.



VILLAIN SUB



What kind of self-respecting villain would I be if I ate a “hero” sandwich? No, I’m not going to avoid the issue by calling it a “hoagie,” or a “grinder,” or just a “sub.” No, this is a “villain” submarine sandwich! It’s vast and overpowering—just like me!

DIFFICULTY:



SPEED:



PREP TIME: 15 minutes INACTIVE TIME: 30 minutes YIELD: 1 sandwich DIETARY NOTES: N/A

INGREDIENTS

PICKLED RED ONION

½ cup (118 ml) white vinegar

½ cup (118 ml) water

⅓ cup (70 g) sugar

2 bay leaves

2 teaspoons (4 g) coriander seeds

1 teaspoon (2 g) black peppercorns

½ red onion, sliced

ASSEMBLY PER SANDWICH

One 6-inch (15 cm) baguette, cut lengthwise

1 tablespoon (15 ml) olive oil

1 teaspoon (2 g) dried basil

1 teaspoon (2 g) dried oregano

Mayo

1 tablespoon giardiniera

4 slices genoa salami

2 slices mortadella

4 slices capocollo

3 slices prosciutto

2 slices provolone cheese

2 hard-boiled eggs, peeled and sliced

Pickled red onion

2 leaves butter lettuce

STEPS

PICKLED RED ONION

Combine the vinegar, water, and sugar in a large airtight container. Add the bay leaves, coriander seeds, peppercorns, and red onion. Cover, shake, and place in the refrigerator for at least 30 minutes. This can be stored in the refrigerator for about 1 week.

ASSEMBLY PER SANDWICH

Brush the inside of the baguette with olive oil. Sprinkle basil and oregano on both bread slices. Spread a generous helping of mayo on the bottom piece of the baguette. Top with giardiniera.

Layer the salami, mortadella, capocollo, prosciutto, and provolone. Top with the hard-boiled eggs, pickled red onion, and butter lettuce. Place the other piece of bread on top and enjoy.





THE PERFECT EGGDOG



Anything Sonic can do, I can make better. Case in point: Metal Sonic. See? Sonic, but *better*. Likewise, I've improved upon his beloved chili dog. Behold my culinary masterpiece, the Eggdog!

DIFFICULTY: 

SPEED: 

PREP TIME: 20 minutes COOK TIME: 10 minutes YIELD: 4 servings

DIETARY NOTES: N/A

INGREDIENTS

EGG SALAD

6 eggs

$\frac{1}{3}$ cup (75 g) Japanese mayo

2 whole black garlic

2 scallions, white and light green parts, thinly sliced

1 teaspoon (2 g) Kashmiri chili powder

Kosher salt

Ground black pepper

ASSEMBLY PER EGG DOG

Black garlic egg salad

1 hot dog

1 hot dog bun

STEPS

EGG SALAD

Place the eggs in a small pot and fill with enough water to cover completely. Cover with a lid and place over medium-high heat. Bring to a boil for 7 minutes.

Once the eggs are finished, immediately take the pot off the stove and place it under cold running water. Move the eggs to a large bowl of ice water and let sit for 3 minutes. Carefully peel the eggs and chop roughly.

In a medium bowl, mix the mayo and black garlic until well combined. Add the eggs, scallions, and Kashmiri chili powder to the bowl. Mix until just combined. Season with salt and pepper.

ASSEMBLY PER EGG DOG

Place a small pot of water over medium-high heat and bring to a boil. Add the hot dog and cook until warm, about 3 to 5 minutes. Place a wire rack or steam basket above the water and place the hot dog bun on top. Heat for 30 seconds.

Place the hot dog in the hot dog bun. Top with black garlic egg salad.



CATCH O' THE DAY DOG



Sonic sure likes chili dogs. He said I should try one sometime. It was okay. I prefer fish. He said I could try them both at once. So I made this. I like it better. I hope you like it, too!

DIFFICULTY: 

SPEED: 

PREP TIME: 30 minutes COOK TIME: 5 minutes YIELD: 6 servings DIETARY NOTES: DF

INGREDIENTS

TUNA SALAD

One 10-ounce (283 g) can tuna in water, drained

$\frac{1}{3}$ cup (75 g) mayo

$\frac{1}{2}$ celery stalk, thinly sliced

1 scallion, finely minced

$\frac{1}{2}$ teaspoon (2 $\frac{1}{2}$ ml) fish sauce

Kosher salt

Ground black pepper

ASSEMBLY PER SERVING

1 hot dog

1 hot dog bun

2 leaves butter lettuce

¼ cup tuna salad

STEPS

TUNA SALAD

Combine the tuna, mayo, celery, scallion, and fish sauce in a medium bowl. Season with salt and pepper.

ASSEMBLY PER SERVING

Place a small pot of water over medium-high heat and bring to a boil. Add the hot dog and cook until warm, about 3 to 5 minutes. Place a wire rack or steam basket above the water and place the hot dog bun on top. Heat for 30 seconds.

Place the lettuce and hot dog in the hot dog bun. Top with tuna salad.



ENTRÉES

A good meal is like a good caper—thoroughly planned, well-executed, savored, and satisfying. You come away feeling fulfilled. Now, whether that means a full belly, a full heist bag, or a backup drive full of secrets... that's entirely up to you.





ADABAT GRILLER



I discovered this dish while traveling with Sonic on yet another adventure to save the world. You can never go wrong with a skewer, and this one showcases all the local delicacies in one go. Thanks to Big's advice, I added a bit of fish, too!

DIFFICULTY: Three yellow circles indicating difficulty level.

SPEED: Three yellow circles indicating speed level.

PREP TIME: 45 minutes

COOK TIME: 6 minutes per batch

YIELD: 5 skewers

DIETARY NOTES: DF

INGREDIENTS

SKEWERS

1 tablespoon (20 g) garlic paste

1 tablespoon (20 g) ginger paste

¼ cup (59 ml) olive oil

1 teaspoon (5 ml) rice vinegar

Juice of 1 lemon

1 tablespoon (2 g) oregano

1 teaspoon (4 g) kosher salt

1 teaspoon (1 g) ground black pepper

1 teaspoon (5 g) sugar

½ pound cod, cut into 2-inch (5 cm) cubes

5 shishito peppers

5 cherry tomatoes

5 shiitake mushrooms

½ onion, sliced thickly and quartered

½ carrot, cut into ½-inch (2 ½ cm) round slices

BRUSHING SAUCE

¼ cup (59 ml) olive oil

2 tablespoons (30 ml) lemon juice

2 teaspoons (6 g) ginger powder

2 teaspoons (6 g) garlic powder

STEPS

Whisk together the garlic paste, ginger paste, olive oil, rice vinegar, lemon juice, oregano, salt, pepper, and sugar in an airtight container. Add the cod and toss to coat. Cover and place in the refrigerator for 1 to 3 hours.

If using wooden skewers, prepare them by placing them in water for 30 minutes. This will prevent the wooden skewers from burning when cooking.

To assemble the skewers, place a shishito pepper at the bottom. Add a tomato and 2 cod cubes. Add the mushroom, onion, and the carrot. Repeat this step until 5 skewers are set up.

For the brushing sauce, whisk together the olive oil, lemon juice, ginger powder, and garlic powder in a small bowl and set aside.

Preheat a grill pan over medium-high heat. Brush each of the skewers with the brushing sauce and place on the heated pan. Cover with a lid and cook for 2 minutes. Flip and brush

again with the brushing sauce. Cover and cook again for another 2 to 4 minutes, or until the cod is cooked through. Transfer to a baking sheet and keep warm in an oven set to 170 – 200° F (76–93° C). Repeat until all the skewers are cooked.



NOTE:

You can do any combination you want for these skewers. They can just be cod if you want!





KNUCKLES WRAP



It doesn't matter if you're searching through Pumpkin Hill, Wild Canyon, or Aquatic Mine, this wrap is just satisfying. You'll keep coming back to it and be thinking about it long after it's finished.

DIFFICULTY: 2 yellow circles

SPEED: 4 yellow circles

PREP TIME: 15 minutes COOK TIME: 15 minutes YIELD: 4 servings DIETARY NOTES: DF

INGREDIENTS

POACHED CHICKEN

- 2 chicken breasts
- 3 garlic cloves, crushed
- 2 scallions, halved
- 1 lemon, sliced
- 1 bay leaf
- 1 teaspoon (4 g) kosher salt

CHICKEN SALAD

- ½ cup (120 g) mayo
- 3 tablespoons (50 g) sour cream
- 1 tablespoon (12 g) Dijon mustard

Juice of 1 lemon

Poached chicken breast

15 green grapes

½ cup (60 g) dried cherries

½ cup (50 g) pecans, chopped

3 scallions, chopped

2 celery stalks, chopped

Kosher salt

Ground black pepper

ASSEMBLY PER WRAP

1 red tortilla wrap

2 leaves butter lettuce

Chicken salad

STEPS

POACHED CHICKEN

Place the chicken breasts, garlic, scallions, lemon, bay leaf, and salt in a small pot. Fill with water until the chicken is covered. Place over medium-high heat and bring to a boil. Reduce heat to low and simmer for 10 to 15 minutes, or until the chicken registers a temperature of 165°F (74°C). Remove the chicken from the water and set aside to cool. Once the chicken has cooled, shred it by hand.

CHICKEN SALAD

Whisk together the mayo, sour cream, Dijon mustard, and lemon juice in a medium bowl. Add the chicken breast, grapes, dried cherries, pecans, scallions, and celery and mix until everything is combined. Season with salt and pepper.

ASSEMBLY PER WRAP

Place the lettuce in the center of the tortilla and top with chicken salad. Roll the tortilla and serve.



SPIRAL ROAST



I don't do anything small. My spy ops need to be thrilling. My jewel heists can't be for mere trinkets. And when I sit down to dine, I need something exquisite and robust. Never settle for anything less than the best, my darlings.

DIFFICULTY: 

SPEED: 

PREP TIME: 45 minutes

COOK TIME: 1 ½ hours

YIELD: 4 to 6 servings

DIETARY NOTES: DF, GF

INGREDIENTS

4 slices bacon, chopped

2 tablespoons (28 g) unsalted butter

1 onion, thinly sliced

Kosher salt

5 ounces (141 g) shiitake mushrooms, chopped

1 teaspoon (1 g) dried thyme

1 teaspoon (1 g) dried sage

½ teaspoon (1 g) ground fennel

Ground black pepper

Two ½-pound (227 g) pork tenderloins, silver skin removed

STEPS

Heat the chopped bacon in a medium pan over medium heat. Cook until the bacon becomes crispy, about 5 to 8 minutes. Carefully remove the cooked bacon and transfer to a medium bowl, keeping the bacon fat in the pan.

Add the butter to the pan and allow to melt. Add the onion and toss, coating with the oil. Cook the onion until translucent, about 2 minutes.

Add a pinch of the salt, stir, and reduce the heat to medium-low. Continue cooking and stirring occasionally until the onion becomes golden and caramelized, about 30 to 45 minutes.

Add the mushrooms and cook for another 10 minutes until the mushrooms have softened and are crispy.

Remove from the heat and transfer to the bowl with the bacon. Add the thyme, sage, and fennel and mix together well. Season with salt and pepper and set aside.

Prepare the pork tenderloins by butterflying them open, cutting along the length of the tenderloin. Do not cut all the way through. Press down and open the tenderloin. Place between two pieces of plastic wrap and, with a meat mallet, hammer to make an even ½-inch (1 cm) piece of meat.

Spread the bacon mixture on the top half of one tenderloin, leaving a ½-inch (1 cm) border around the outside. Carefully roll the tenderloin up to give it a spiral look. Tie with kitchen twine to keep the filling inside. Repeat with the other tenderloin.

Preheat the oven to 400°F (204°C). Heat a cast iron pan over medium-high heat. Place one of the tenderloins in the heated pan and sear each side until golden, about 2 minutes per side. Remove and transfer to a baking sheet lined with parchment paper. Repeat with the other tenderloin.

Place the tenderloins in the oven and cook for 18 to 20 minutes, or until they reach an internal temperature of 145°F (63°C). Remove from the oven, cover in aluminum foil, and allow to rest for 10 minutes before slicing.



EGGS-QUISITE LUNCH



A man of my genius and work ethic needs a hearty lunch to get me through the day. This hefty helping of omurice and tempura is more than enough to satisfy me. That is, of course, because I'm inspired by its plotting grin before I dig in. That is the (replicated) smile of a genius!

DIFFICULTY: ○○○○○

SPEED: ○○○

PREP TIME: 1 hour

COOK TIME: 45 minutes

YIELD: 2 servings

DIETARY NOTES: N/A

INGREDIENTS

TEMPURA SHRIMP

12 large shrimp, peeled and deveined

Neutral oil (peanut, canola) for frying

1 cup (120 g) cake flour, plus extra for dusting

1 teaspoon (3 g) turmeric

1 teaspoon (4 g) baking soda

2 tablespoons (20 g) cornstarch

1 egg

1 cup carbonated water, ice-cold

3 ice cubes

FRIED RICE

1 tablespoon (14 g) tonkatsu sauce

1 tablespoon (14 g) tomato paste

1 tablespoon (21 g) honey

3 tablespoons (42 g) ketchup

2 tablespoons (30 g) water

2 slices bacon, chopped

1 tablespoon (14 g) unsalted butter

¼ onion, diced

3 shiitake mushrooms, chopped

1 cup (200 g) cooked rice

Kosher salt

Ground black pepper

OMELET

3 eggs

2 tablespoons (30 ml) whole milk

1 tablespoon (15 ml) heavy cream

1 teaspoon (5 ml) canola oil

Fried rice

ASSEMBLY PER SERVING

3 leaves butter lettuce

Omelet

6 mini tomatoes

1 kalamata olive, halved

Tempura shrimp

3 slices cucumber

STEPS

TEMPURA SHRIMP

To straighten the shrimp, take each prepared shrimp and cut a few small incisions on the underside. Place the shrimp on the cutting board, underside down, laying it nice and flat. Let it rest while you are heating the oil.

Fill a deep pot with 2 inches (5 cm) of peanut oil and heat over medium heat to 350°F (177°C). Combine the cake flour, turmeric, baking soda, cornstarch, egg, and carbonated water in a medium bowl. Mix until it just comes together. It should be runny and ribbony when it pours from a spoon. Add the ice cubes to keep the mixture chilled.

Lightly dust the shrimp with cake flour. Once the oil is heated, dip each shrimp in the batter and place in the oil. Fry for 1 minute, flip, and fry for another minute, or until golden brown. For extra crunch, drizzle a little extra batter over the shrimp while it cooks, about 1 teaspoon. Transfer to a plate lined with paper towels to drain. Repeat until all the shrimp are cooked.

FRIED RICE

Whisk together tonkatsu sauce, tomato paste, honey, ketchup, and water in a small bowl and set aside.

Place the bacon in a medium nonstick pan over medium-high heat and cook until crispy, about 5 minutes.

Add the butter and melt. Add the onion and mushrooms. Cook until softened, about 5 minutes. Season generously with salt and pepper.

Add the rice to the sauce. Mix together until combined. Season with additional salt and pepper if needed. Remove from heat and divide the rice into two portions.

OMELET

Whisk the eggs, milk, and heavy cream together in a small bowl. Heat the canola oil in a nonstick pan over medium-high heat.

Add the mixed eggs and whisk in the pan for a couple of seconds. Tilt the pan and cover the bottom with the eggs. Reduce the heat to low and allow the bottom of the egg to completely set. The top will be a bit runny.

Return the eggs to the center of the pan and place a rice portion on top of the eggs. Take the edges of the eggs and wrap the sides of the rice. This will not cover the rice completely. Cook until the egg has mostly set.

Move the omelet to the end of the pan and carefully flip it onto a plate so the egg is facing up and the rice is hidden. Take a paper towel and shape the omelet into a pointed oval.

Repeat these steps to make another portion with the remaining rice.

ASSEMBLY PER SERVING

To prepare a serving, place the lettuce on a plate. Top with the prepared omelet, making sure it holds its oval shape. Place one whole mini tomato on a toothpick and place it in the center for the nose.

Cut another mini tomato in half and place the halves over the nose, one on each side, for the eyes. Place the olive pieces on top for eyebrows. Arrange the shrimp for the mustache. Finally, add the extra tomato pieces on the bottom and place a few slices of cucumber on top. Serve immediately.



NOTE:

Do not overcrowd the pot as you are frying. Too many shrimp will drop the temperature drastically and the shrimp will cook poorly.



THE MASTER MEAL PLAN



If I'm to maintain my signature feared figure, I need a steady supply of protein and calories. I've mastered the art of fry cooking, and thus my bountiful box of golden fried goodness comes out perfect every time.

DIFFICULTY: ○ ○ ○ ○

SPEED: ○ ○ ○

PREP TIME: 1 hour

INACTIVE TIME: 24 ½ hours

COOK TIME: 45 minutes

YIELD: 10 chicken legs

DIETARY NOTES: N/A

INGREDIENTS

MARINADE

2 cups (473 ml) buttermilk

⅓ cup (79 ml) kimchi juice

1 teaspoon (5 ml) fish sauce

3 bay leaves

5 garlic cloves, smashed

3 slices ginger

1 tablespoon (10 g) black peppercorns, lightly crushed

10 bone-in chicken drumsticks, thighs, and wings

DRY MIX

2 cups (290 g) all-purpose flour

½ tablespoon (5 g) baking powder

1 tablespoon (10 g) onion powder

1 tablespoon (12 g) kosher salt

2 teaspoons (2 g) ground black pepper

FOR FRYING

1 cup (237 ml) buttermilk

Peanut oil

STEPS

Combine the buttermilk, kimchi juice, fish sauce, bay leaves, garlic, ginger, and peppercorns in a large bowl, then add the chicken. If the chicken is not completely covered by the liquid, add water until submerged. Cover and refrigerate for 24 hours.

Remove the chicken from the brine and pat dry. Transfer to a wire rack and let rest at room temperature for 30 minutes before frying.

Fill a deep, heavy pot with 2 inches (5 cm) of peanut oil and heat to 350°F (177°C) over medium-high. Combine the flour, baking powder, onion powder, salt, and pepper in a medium bowl. Pour the cup of buttermilk into a small bowl.

When the oil has reached the target temperature, place a drumstick in the spiced flour mixture until fully covered. Place in the small bowl of buttermilk and roll to coat. Transfer back to the spiced flour mixture until covered in flour. Carefully place in the heated oil. Repeat with multiple pieces of chicken, but do not overcrowd the pot.

Cook for 10 to 15 minutes per batch, or until the chicken reaches an internal temperature of 165°F (74°C).

Transfer to a plate covered with paper towels. Repeat with the remaining chicken. Make sure to allow the oil to return to 350°F (177°C) between each batch.



NOTE:

The oil's temperature will drop to about 300°F (149°C) when you add the chicken. This is fine, and it will increase as it cooks. Do not increase the heat or you'll risk burning the outside of the chicken before the inside can finish cooking.



THE GARLIC COLLECTOR



Aw, yeah! A meal fit for a king, I tell ya! Each slice is as good as the last. Every time you finish one, you'll say, "I want one more" until it's all gone! 'Course that happens a lot faster when a couple of freeloaders decide they are hungry after all and muscle in on dinner.

DIFFICULTY: 

SPEED: 

PREP TIME: 15 minutes

COOK TIME: 10 minutes

YIELD: 2 servings

DIETARY NOTES: V

INGREDIENTS

¼ cup (56 g) unsalted butter, room temperature

1 teaspoon (3 g) garlic powder

Pinch of kosher salt

2 sandwich rolls, cut lengthwise

4 to 6 ounces (113 to 170 g) pizza sauce

8 ounces (227 g) mozzarella cheese, shredded

Dried oregano

Dried basil

STEPS

Preheat the oven to 375°F (191°C). Combine the butter, garlic powder, and salt in a small bowl until well combined. Spread a thin layer of the butter mixture on the inside of the sandwich roll.

Top with the pizza sauce and mozzarella cheese. Sprinkle the oregano and basil on top.

Place on a parchment-lined baking sheet and bake for 8 minutes or until the cheese is melted. Place in the broiler and cook for another 1 to 2 minutes, until the cheese turns golden.



NOTE:

This recipe is very customizable. You can add as much sauce and cheese as you would like. If you are feeling extra fancy, you can add extra pizza ingredients, like pepperoni or vegetables.



TANGLED LEADS OF A DELICIOUS MYSTERY



Now this is where you go when you want to load on carbs when you aren't loaded. It's simple, it's cheap, it's filling, it's cheap, and you can dress it up however you like. Also, it's cheap! Just because you can make it easily doesn't mean it's low quality, though!

DIFFICULTY: ○○○

SPEED: ○○○

PREP TIME: 30 minutes

COOK TIME: 10 minutes

YIELD: 4 servings

DIETARY NOTES: V

INGREDIENTS

⅓ cup (47 g) pine nuts

4 garlic cloves

5 ounces (142 g) fresh basil

2 ounces (57 g) parmigiano reggiano

1 ounce (1 oz) Pecorino Romano

¼ cup (59 ml) olive oil

Kosher salt

16 ounces (454 g) fettuccine, cooked according to the packaging

1 cup (234 ml) reserved pasta water

STEPS

Heat a small stainless steel pan over medium-high heat. Add the pine nuts and toast until fragrant, about 3 to 5 minutes.

Transfer to a food processor.

Add the garlic cloves and pulse the food processor until a paste forms. Add the basil and pulse until roughly chopped. Add the Pecorino Romano and parmigiano and pulse until combined.

Slowly add the olive oil until it forms a nice, thick paste. Season with salt and pepper. Transfer to a large bowl.

Add the cooked pasta and toss until coated. Add a small amount of the pasta water to the bowl to help loosen the pesto a bit. Sprinkle with shredded parmigiano to taste. Serve immediately.



THE HIDDEN TRUTH



Like the ninja, the onigiri hides its true nature deep within—its delicious, hidden nature. Its unassuming appearance can even fool the uninitiated. And like a well-trained ninja, it is versatile. This is my preferred recipe, but onigiri can be filled with almost anything.

DIFFICULTY: ○○○○

SPEED: ○○○○

PREP TIME: 30 minutes

COOK TIME: 45 minutes

YIELD: 8 onigiri

DIETARY NOTES: DF

INGREDIENTS

TUNA FILLING

One 10-ounce (283 g) can tuna in water, drained

2 scallions, sliced

¼ cup (56 g) Japanese mayo

Kosher salt

Ground black pepper

ONIGIRI

3 cups (55 g) sushi rice

Water, according to your rice cooker's directions

2 tablespoons (30 ml) rice vinegar

1 tablespoon (14 g) sugar

½ teaspoon (2 g) salt

Tuna filling

3 tablespoons (45 ml) soy sauce

1 piece nori

STEPS

TUNA FILLING

Combine the tuna, scallions, and Japanese mayo in a medium bowl. Season with salt and pepper.

ONIGIRI

Put the rice in a medium bowl, fill the bowl with cold water, and rub the rice in a circular motion. The water will become opaque, meaning the rice still needs to be cleaned. Strain the water and repeat until the water is clear.

Place the clean rice and the amount of water required into a rice cooker and allow the rice to cook.

When the rice is done cooking, remove from the rice cooker and place inside a medium nonmetal bowl.

In a small bowl, combine the rice vinegar, sugar, and salt. Add the vinegar mixture to the rice while the rice is still hot. Use a rice paddle to fold in the vinegar mixture. Continue to fold and slice the rice until it has cooled. Cover with a wet towel to keep the rice moist.

To assemble the onigiri, divide the rice into 8 portions. Take half of one portion and place it on a large sheet of plastic wrap. Shape into a disk with a deep divot in the center. Place ⅓ of the tuna filling in that divot, but don't overfill—that will make it more difficult to wrap.

Top with the other half of the rice portion and seal in the filling, shaping into a rough ball. Wrap with the plastic wrap and use a moderate amount of pressure to shape into a triangle. If you are not eating this immediately, keep it wrapped in the

plastic wrap and place it in the refrigerator. It can be stored in the refrigerator for up to 1 week.

Repeat until all the onigiri are formed.

To grill the onigiri, heat a cast iron pan over medium-high heat. Brush one side of the onigiri with soy sauce and place it, soy sauce side down, onto the pan. Grill for 3 to 5 minutes. Brush the other side with soy sauce, flip, and grill for 3 to 5 minutes. Serve with a piece of nori.



NOTE:

When working with the sushi rice, it is extremely important that you keep your hands moist. Keep a bowl of water nearby to wet your hands as you work.



FROGGY'S FORTUNE



I go fishing with my pal Froggy all the time. He's a big eater, so I catch lots of fish. He only eats bugs, though. More fish for me, I guess!

DIFFICULTY: 

SPEED: 

PREP TIME: 20 minutes

COOK TIME: 20 minutes

YIELD: 4 servings

DIETARY NOTES: DF, GF

INGREDIENTS

4 whole tilapia, fins, scales, and guts removed

2 lemons, thinly sliced

1 lemon, quartered

4 garlic cloves, thinly sliced

1 shallot, thinly sliced

Olive oil

Kosher salt

Ground black pepper

STEPS

Preheat the oven to 425°F (218°C). Prepare the tilapia by stuffing the cavity with the lemon, garlic, and shallot slices. Brush both sides of the tilapia with olive oil. Generously season with salt and pepper.

Place a wire rack on top of a baking sheet. Transfer the prepared fish to the rack. Place in the oven and bake for 10 minutes. Carefully flip the fish and bake for another 10 minutes, or until cooked through. Turn on the broiler and allow the skin to crisp, about 2 minutes. Serve with some lemon quarters.





SIDES

A grand plan isn't just the central execution. Numerous other factors have to be orchestrated to properly invade and conquer. If you're not following my analogy, I'll simplify it for you nongeniuses: side dishes can really bring together a meal.



GOLDEN ONION RINGS



Nothing pairs with a chili dog like a big ol' stack of onion rings. Plus, y'know, rings are kinda my "thing." It's important not to overindulge, though. After downing a plate of these rings, I make sure to go on a run to work off all that fried tastiness.

DIFFICULTY: ○○○

SPEED: ○○○○

PREP TIME: 30 minutes

COOK TIME: 4 minutes per batch

YIELD: 4 to 6 servings

DIETARY NOTES: V

INGREDIENTS

ONION RINGS

4 cups (560 g) all-purpose flour

$\frac{1}{3}$ cup (53 g) potato starch

1 teaspoon (4 g) baking powder

1 teaspoon (4 g) garlic powder

1 tablespoon (7 g) turmeric

$\frac{1}{2}$ teaspoon (1 g) paprika

2 teaspoons (8 g) kosher salt

1 teaspoon (1 g) ground black pepper

2 ½ cups (591 ml) buttermilk

2 large white onions, cut into ¾-inch-thick (2 cm) rounds and separated into individual rings

Neutral oil (peanut, canola)

BLUE SAUCE

4 ounces (113 g) blue cheese

1 ounce (28 g) prepared horseradish

1 teaspoon (2 g) blue spirulina

5 ounces (143 g) sour cream

2 ounces (56 g) mayo

Kosher salt

Ground black pepper

STEPS

ONION RINGS

Combine the flour, potato starch, baking powder, garlic powder, turmeric, paprika, salt, and pepper in a medium bowl. Scoop 1 cup of the flour mixture into a small bowl. Place the buttermilk in another small bowl.

Place an onion ring in the smaller flour bowl and toss until covered. Transfer to the bowl with buttermilk and dunk until coated. Allow any excess buttermilk to drip off the onion ring, then transfer to the larger flour bowl and toss until well coated. Place on a parchment paper-lined baking sheet. Repeat with the remaining onion rings.

After all the onion rings have gotten their first coating, place the first ring back into the buttermilk to coat again. Transfer to the large bowl and coat again. Place back onto the baking sheet, then repeat with the remaining rings.

Let the rings rest as you heat the oil. Pour 1 ½ inches (4 cm) of neutral oil in a deep pot and preheat to 360°F (182°C).

Preheat the oven to 250°F (121°C). This is to keep the finished rings warm as you fry the rest.

Once the oil has heated, place the prepared onion rings into the hot oil and fry each side for about 2 minutes, or until golden brown. Transfer onto a baking sheet with a wire rack and keep warm in the oven until all the rings are fried. Repeat with the remaining onion rings.

BLUE SAUCE

In a small bowl, combine the blue cheese, prepared horseradish, blue spirulina, sour cream, and mayo. Season with salt and pepper. Serve with the onion rings. This can be refrigerated and stored in an airtight container for up to 1 week.



NOTE:

When adding the onion to the buttermilk, it is okay if some of the flour falls off into the bowl. Just get it covered in buttermilk before the next transfer.



TIMELESS COMFORT FOOD



When it's cold out, or when the rain pours, or even when I'm just feeling down, I like to make a pot of this. Its warmth and the way it fills me up make me feel comfortable and at peace. When eating this, I feel content and think, *Yeah. It's going to be okay.*

DIFFICULTY: 

SPEED: 

PREP TIME: 15 minutes

COOK TIME: 30 minutes

YIELD: 4 servings

DIETARY NOTES: V

INGREDIENTS

⅓ cup (56 g) all-purpose flour

1 teaspoon (4 g) onion powder

1 teaspoon (3 g) garlic powder

½ teaspoon (½ g) nutmeg

½ cup (112 g) unsalted butter

2 cups (473 ml) milk

½ pound (227 g) white cheddar, shredded

½ pound (227 g) fontina, shredded

¼ pound (113 g) gouda, shredded

Kosher salt

Ground black pepper

16 ounces (454 g) penne, cooked

1 cup (237 ml) reserved pasta water

STEPS

Combine the flour, onion powder, garlic powder, and nutmeg in a small bowl.

Heat the butter in a medium saucepan over medium-high heat. Once melted, add the flour mixture while constantly whisking. After the butter and flour have combined, slowly whisk in the milk until fully combined.

Add the cheddar, fontina, and gouda to the pot and whisk until smooth. Season with salt and pepper. If the sauce is too thick, add a small amount of pasta water in order to bring it to the consistency you would like. Combine the sauce in a medium bowl with the cooked penne.



NOTE:

Elbow macaroni also works well here, but the penne is vital for matching Silver's amazing hairdo.





DECADENT DISTRACTION



After a successful heist, I like to treat myself to something indulgent. A light touch is useful in spy work, treasure hunting, and using the mandolin when preparing this delicious little treat. All require careful practice and attention, so watch yourself out there.

DIFFICULTY: 

SPEED: 

PREP TIME: 45 minutes

COOK TIME: 2 ½ hours

YIELD: 6 to 8 servings

DIETARY NOTES: V, GF

INGREDIENTS

2 cups (473 ml) heavy cream

3 garlic cloves, grated

2 teaspoons (4 g) dried sage

1 teaspoon (4 g) kosher salt

1 teaspoon (1 g) ground black pepper

3 pounds (1.3 kg) Japanese sweet potatoes, peeled and cut into $\frac{1}{16}$ -inch-thick (1 $\frac{1}{2}$ mm) slices

$\frac{1}{2}$ cup (112 g) unsalted butter, sliced

Canola oil

STEPS

Preheat the oven to 350°F (177°C). Whisk together the heavy cream, garlic cloves, sage, salt, and pepper in a large bowl. Add the sliced Japanese sweet potato and toss until well coated. Set aside.

Prepare an 8 $\frac{1}{2}$ -by-4 $\frac{1}{2}$ -inch (22-by-11-cm) loaf pan by spraying the inside of the pan with nonstick spray. Cut parchment paper to cover the insides of the pan. Place the parchment paper in the pan, pressing it against the inside until it sticks. Spray the pan again, covering the parchment paper with nonstick spray.

Create an even layer of potatoes in the loaf pan. Top with another layer of potatoes. Place a few slices of butter on top. Repeat this process until all of the potatoes are layered, but make sure to not overfill the pan.

Once all the potato slices have been used, cover the pan with aluminum foil and bake for 1 hour and 45 minutes to 2 hours, or until the potatoes are tender.

Remove the pan from the oven and cover with an aluminum-wrapped piece of cardboard, cut to the size of the pan. Top with a few heavy cans or weights. Allow to cool completely with the weights left on top.

Remove the weights, cover the pan well, and refrigerate for at least 4 hours.

Carefully remove the potatoes from the pan. The parchment will be attached to the potatoes. Remove the parchment paper. With a serrated knife, trim the edges. Cut into 12 equal squares.

Heat a large skillet over medium-high heat. Coat with a $\frac{1}{4}$ -inch (6 mm) layer of canola oil. When the oil is hot, place the potatoes cut side down in the oil. Cook until that side has browned, about 2 minutes. Repeat this with all the cut sides.



A SEA-BORN MONARCH AIDS THE NINJA'S QUEST



No, Amy, I *don't* think my dish titles are getting overdramatic. Cooking is serious business, and the recipe titles should be serious, too. "Have fun?" I am having fun! Cream, why are you giggling? You're writing all this down?! No! Wait!



Despite the name, there are no queen oysters, jack oysters, or ace oysters to go with king oysters.

DIFFICULTY:  

SPEED:     

PREP TIME: 10 minutes

COOK TIME: 15 minutes

YIELD: 4 servings

DIETARY NOTES: V+

INGREDIENTS

3 tablespoons (45 ml) soy sauce

3 tablespoons (45 ml) mirin

1 tablespoon (21 g) honey

1 teaspoon (4 g) sugar

1 teaspoon (4 g) garlic powder

½ teaspoon (2 g) onion powder

½ tablespoon (11 g) white miso

1 tablespoon (15 ml) canola oil

4 king oyster mushrooms, cut lengthwise ½-inch (12 mm) thick

STEPS

Whisk together the soy sauce, mirin, honey, sugar, garlic powder, onion powder, and miso in a small bowl.

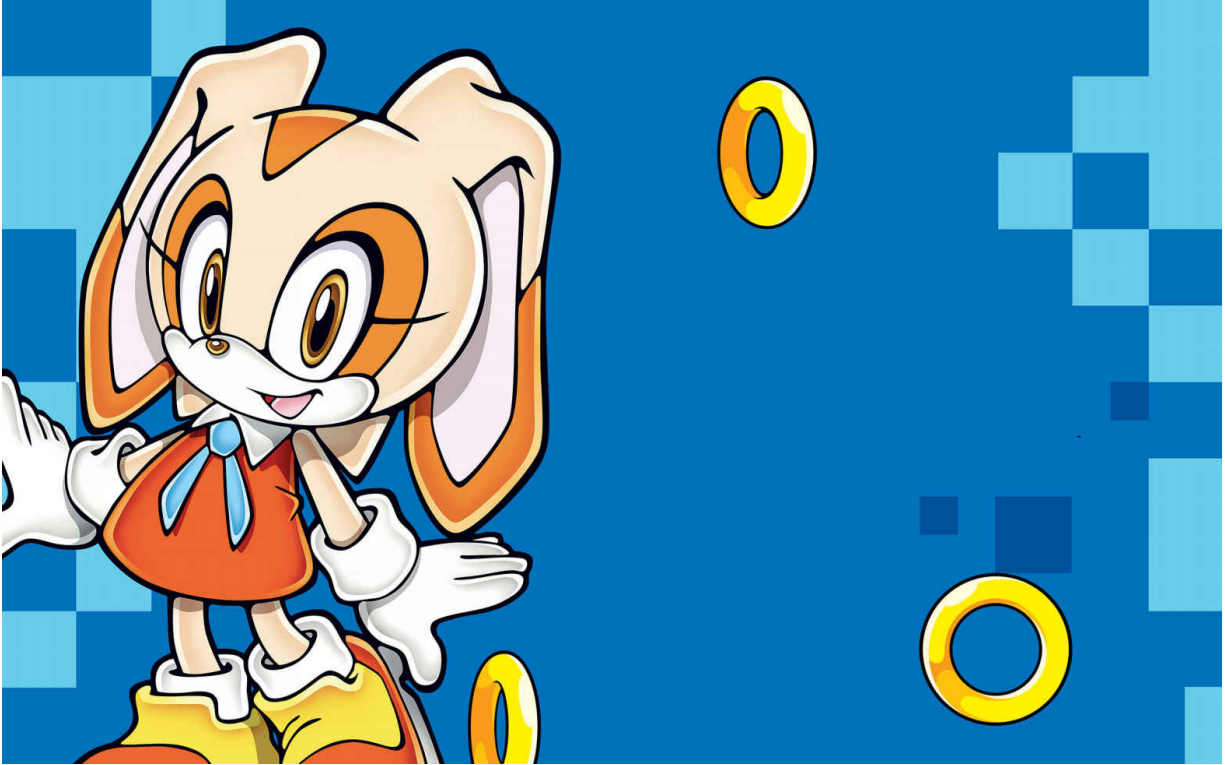
Heat a medium nonstick pan over medium-high heat. Add 1 tablespoon (15 ml) of canola oil. Add a single layer of king oyster mushrooms. Cook for 5 minutes, or until the edges turn golden brown. Flip and cook for another 5 minutes, or until golden. Remove from the pan and repeat with the remaining mushrooms.

Once all the mushrooms have been cooked to golden brown, return all of them to the pan. Add the sauce, toss to coat, and cook until the sauce has thickened and covered the mushrooms, about 3 minutes. Serve immediately.



NOTE:

If you are unable to get your hands on king oyster mushrooms, any mushroom pairs wonderfully with this sauce. Keep in mind that the cook time will differ depending on the size of the mushrooms you use.



DESSERTS

Hooray! It's time for the desserts! Mother says it's important to eat properly, so I make sure to finish my meals. She also says desserts are a "sometimes treat," not an "all the time treat." That can be hard sometimes. Mother and Miss Amy bake the best treats!



SUNDAE SUPREME



A bit back, I traveled the world with a good friend named Chip. He was quite the foodie with a big sweet tooth. And a “savory tooth.” Honestly, the little guy loved all sorts of food. Of all the things we sampled together, his favorite was the Sundae Supreme in Apotos. Every so often I’ll get one and think of him. Here’s to you, Chip!

DIFFICULTY:

SPEED:

PREP TIME: 25 minutes INACTIVE TIME: 30 minutes YIELD: 4 servings of fruit DIETARY NOTES: V

INGREDIENTS

CHOCOLATE FRUIT

8 ounces (227 g) dark chocolate

12 strawberries

1 banana, cut into 3 pieces and then halved lengthwise

ASSEMBLY PER SUNDAE

1 scoop chocolate ice cream

1 scoop caramel swirl ice cream

1 scoop cookies and cream ice cream

Whipped cream

3 chocolate-covered strawberries

½ chocolate-covered banana

¼ stroopwafel

2 chocolate biscuit sticks

Chocolate sprinkles

STEPS

CHOCOLATE FRUIT

Prepare a baking sheet with parchment paper.

Place the chocolate in a small microwave-safe bowl. Place in the microwave, heat for 20 seconds, then mix together. Repeat until the chocolate is fully melted.

Carefully dip the fruit in the chocolate to cover. Lift the fruit out of the chocolate and allow any excess chocolate to run off. Transfer to the prepared baking sheet. Repeat until all the fruit is covered.

Place in the refrigerator for at least 30 minutes before serving.

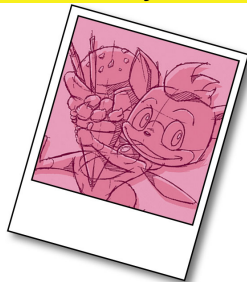
ASSEMBLY PER SUNDAE

Pile the chocolate, caramel swirl, and cookies and cream ice cream scoops into a small bowl. Top with the whipped cream, chocolate-covered strawberries, chocolate-covered banana, stroopwafel, chocolate biscuit sticks, and chocolate sprinkles to your liking. Serve immediately.



NOTE:

Any ice cream flavors will work here. Use your favorites!





Warning Choking Hazard Small Pieces

MINT CANDY



Mint candy has been my number one favorite treat my whole life! Just one and I feel like I could fly forever. I love the crisp, refreshing way it fills my mouth, and it makes my breath extra minty! I'm happy to share with my friends, too (since I have my own secret stash elsewhere, heh heh).

DIFFICULTY: 4 yellow circles indicating difficulty level.

SPEED: 4 yellow circles indicating speed level.

PREP TIME: 15 minutes

INACTIVE TIME: 2 hours

COOK TIME: 30 minutes

YIELD: 120 small mints

DIETARY NOTES: V+

INGREDIENTS

1 ½ cups (350 g) sugar

1 cup (300 g) corn syrup

¾ cup (177 ml) water

8 drops light green food dye

2 drops light blue food dye

¾ teaspoon (3.7 ml) peppermint flavor oil

STEPS

Combine the sugar, corn syrup, and water in a medium saucepan. Place over medium heat and lightly stir until the sugar has dissolved. Place a candy thermometer in the saucepan and bring to a boil. At this point, do not stir the mixture anymore. Otherwise, the sugar will crystallize.

Once the mixture reaches 260°F (127°C), add the green and blue food dye. Keep boiling until it reaches 300°F (149°C). Remove from the heat and wait until it stops boiling.

Add the peppermint flavor oil, keeping in mind that the smell will be intense. Carefully pour the mixture into a silicone mold with small rounds (about 120). Let rest for 2 hours to set.

Remove the mints from the mold and transfer to an airtight container lined with parchment paper. Place a sheet of parchment paper between each layer to keep the mints from sticking to one another. Keep in mind that if your kitchen is humid, the candy will get a sticky exterior if left uncovered.



NOTE:

Be extremely careful when working with hot sugar. The temperature of the mixture is very hot and will burn you if you touch it directly.



MY SWEET PASSION



I love to bake! Cake, pastries, breads—you name it! They make lovely gifts for my friends or a nice treat after a hard day's workout. This one is inspired by Sonic and his signature Spin Dash technique. I'll make a pink one for myself one day... once I figure out how to do that darn tuck and roll consistently.



Be careful! This dessert is only *inspired* by Sonic! Please don't try to roll it into any Badniks!

DIFFICULTY: 5 yellow circles

SPEED: 3 yellow circles

PREP TIME: 1 hour

INACTIVE TIME: 8 hours

COOK TIME: 15 minutes

YIELD: 1 cake

DIETARY NOTES: V

INGREDIENTS

CAKE

$\frac{2}{3}$ cup (90 g) cake flour

2 teaspoons (8 g) all-purpose flour

$\frac{1}{2}$ teaspoon (2 g) baking powder

1 tablespoon (12 g) blue spirulina powder

5 eggs, separated
¾ cup (150 g) sugar, divided
1 teaspoon (5 ml) vanilla paste
¼ cup (59 ml) vegetable oil
¼ teaspoon (1 g) kosher salt

FILLING

1 ½ cups (355 ml) heavy cream
½ tablespoon (6 g) blue spirulina powder
¼ cup (25 g) confectioners' sugar
1 teaspoon (5 ml) vanilla extract

STEPS

CAKE

Preheat the oven to 350°F (177°C). Lightly grease a 10-by-15-inch (25-by-38-cm) baking sheet. Line with a piece of parchment paper and press against the pan. Spray with nonstick spray and set aside.

Sift the cake flour, all-purpose flour, baking powder, and blue spirulina powder into a medium bowl and set aside.

Combine 2 whole eggs, 3 egg yolks, ½ cup (50 g) sugar, the vanilla paste, the vegetable oil, and the salt in the bowl of a stand mixer. Whisk on low until everything is incorporated. Increase the speed to high and mix for 2 minutes, until a pale color develops.

Add the flour mixture and whisk until just combined. Set aside.

Place 3 egg whites in another large bowl of a stand mixer. Whisk on high speed until the eggs begin to foam. Slowly add the last ¼ cup (25g) of sugar to the mixture. Whisk on high speed until stiff peaks form.

Take one third of the egg whites and transfer into the bowl with the egg yolks. Whisk until well incorporated.

Add another third and carefully fold in until well combined.

Add the remaining third of the egg whites and gently fold them in. Fold until there are no streaks and everything is mixed well. Carefully pour the cake batter into the prepared baking sheet. Remove excess air bubbles from the cake by dropping the pan on a counter several times.

Bake for 12 to 15 minutes. Generously sprinkle flour onto a kitchen towel. Quickly flip the cake on top of the towel. Carefully remove and discard the parchment paper. Roll the cake, starting from one of the short ends. Keep the cake rolled as it cools, at least 2 hours.

FILLING

Combine the heavy cream, blue spirulina powder, confectioners' sugar, and vanilla extract in the bowl of a stand mixer. Whip on high speed until medium peaks form. Cover the frosting bowl with plastic wrap and place in the refrigerator until you are ready to assemble the cake.

Carefully unroll the cake and remove the kitchen towel. Do this slowly to avoid cracking the cake and do not force it to open completely. Spread the filling over the cake, making sure to get the central spiral filled. Reroll the cake. Wrap in plastic wrap and refrigerate for at least 2 hours before slicing to serve.



NOTE:

If you do not have 2 bowls for the stand mixer, use a bowl and a hand mixer for the egg whites. Just make sure the two combinations are separate at this point.



SEVEN RINGS IN HAND



I love sharing joy and love with all my friends, and baked treats are a surefire way of doing just that! These versatile little rings of deliciousness can be topped with all sorts of frostings, glazes, and sprinkles. You can customize them any way you want!

DIFFICULTY: ○○○○○

SPEED: ○○○

PREP TIME: 1 hour

INACTIVE TIME: 2 ½ hours

COOK TIME: 3 to 5 minutes per batch

YIELD: 24 to 30 donuts

DIETARY NOTES: V

INGREDIENTS

DOUGH

1 cup (236 ml) milk

⅓ cup (74 g) unsalted butter

2 ¼ teaspoons (9 g) active dry yeast

3 cups (439 g) all-purpose flour

1 cup (150 g) bread flour

¼ cup (57 g) sugar

1 teaspoon (2 g) cinnamon

½ teaspoon (1 g) grated nutmeg

1 teaspoon (4 g) kosher salt

2 eggs

1 teaspoon (5 ml) vanilla paste

Neutral oil (peanut, canola) for frying

BLUE WHITE CHOCOLATE FROSTING

¼ cup (56 g) unsalted butter

1 tablespoon (15 ml) milk

4 ounces (113 g) white chocolate

½ teaspoon (2 ½ ml) vanilla paste

½ teaspoon (2 g) blue spirulina powder

1 cup (120 g) confectioners' sugar

CHOCOLATE FROSTING

¼ cup (56 g) unsalted butter

1 tablespoon (15 ml) milk

4 ounces (113 g) dark chocolate

½ teaspoon (2 ½ ml) vanilla paste

1 cup (120 g) confectioners' sugar

MATCHA FROSTING

¼ cup (56 g) unsalted butter, melted

4 ounces (113 g) cream cheese

½ teaspoon (2 g) kosher salt

1 tablespoon (6 g) matcha powder

2 cups (240 g) confectioners' sugar

STRAWBERRY GLAZE

¼ cup (60 g) unsalted butter, melted

5 (about 65g) strawberries, puréed

3 tablespoons (45 ml) milk

2 cups (240 g) confectioners' sugar

STEPS

DOUGH

Combine the milk and butter in a small saucepan over medium heat until the butter has melted. Remove from heat and cool to 100° to 110°F (38° to 43°C). Once cooled, mix in the active dry yeast. Let rest for 5 minutes until the yeast begins to froth up.

Combine the all-purpose flour, bread flour, sugar, cinnamon, nutmeg, and salt in a medium bowl. Transfer half the flour mixture to the bowl of a stand mixer. Add the yeast mixture and mix with a dough hook attachment until lightly incorporated. Add the eggs and vanilla paste.

Add the remaining flour mixture and mix until combined. Knead until the dough is smooth, about 5 to 10 minutes. Form into a ball, transfer to a large lightly oiled bowl, and cover. Allow the dough to rise for at least 2 hours or until it has doubled in size.

After the dough has risen, place onto a lightly floured surface. Punch the dough down and roll out to a ½-inch (13 mm) thickness. Cut a circle in the dough with a larger round cutter, then cut a second one with a smaller round cutter to make a hole in the center. The large circle should be about 3 ½ inches (89 mm). Repeat until all the dough is used.

Cover the donuts with a damp kitchen towel and let rest for at least 30 minutes, allowing the dough to rise again. Fill a deep pot with 2 inches (50 mm) of neutral frying oil and heat over medium heat to 350°F (177°C).

Place 4 donuts in the oil and cook for 1 to 2 minutes. Flip, then cook for another minute. Remove the donuts from the oil

and place them onto a plate lined with a paper towel. Repeat with the remaining donuts.

Dip each donut in the glaze or frosting of your choice.

BLUE WHITE CHOCOLATE FROSTING

Combine the butter and milk in a small saucepan over medium heat. Once the butter has melted, turn off the heat and stir in the white chocolate and vanilla paste.

When the chocolate is completely melted, add the spirulina powder and confectioners' sugar. Mix until smooth.

CHOCOLATE FROSTING

Combine the butter and milk in a small saucepan over medium heat. Once the butter has melted, turn off the heat and stir in the dark chocolate and vanilla paste.

When the chocolate is completely melted, add the confectioners' sugar. Mix until smooth.

MATCHA FROSTING

Combine the melted butter, cream cheese, and salt in a medium bowl. Whisk in the matcha powder.

Add the confectioners' sugar in half-cup (60 g) intervals. Taste the frosting and add more until you are happy with the flavor.

STRAWBERRY GLAZE

Combine the butter, strawberries, milk, and confectioners' sugar in a medium bowl and whisk until smooth.



NOTE:

Keep the center pieces to make donut holes. You can also just re-form into a full dough piece to make more donuts.



WORLD UNITING



The food in the imperial palace followed a certain decorum. These gooey disasters were completely foreign to me until I traveled to Sonic's world and made new friends there. They've shown me many new and wonderful things—including these treats.

DIFFICULTY: 

SPEED: 

PREP TIME: 1 hour

INACTIVE TIME: 1 hour

COOK TIME: 20 minutes

YIELD: 24 cookies

DIETARY NOTES: N/A

INGREDIENTS

1 cup (224 g) unsalted butter, room temp

½ cup (120 g) sugar

¼ cup (60 g) light brown sugar

2 eggs

2 teaspoons (10 ml) vanilla paste

2 ¼ cups (335 g) all-purpose flour

¼ cup (35 g) ground graham crackers

1 teaspoon (4 g) baking powder

- 1 teaspoon (4 g) kosher salt
- 1 cup (170 g) dark chocolate chips
- 1 cup (50 g) mini marshmallows, divided
- 2 ounces (56 g) graham crackers, lightly crushed

STEPS

In a large bowl, combine the butter, sugar, and light brown sugar and mix until smooth. Add the eggs and vanilla paste. Scrape the sides and bottom of the bowl as needed. In a small bowl, combine the flour, ground graham crackers, baking powder, and salt. Slowly mix the dry ingredients into the wet ingredients until well combined. Fold in the chocolate chips, $\frac{3}{4}$ of the marshmallows, and the crushed graham crackers.

Place parchment paper on a baking sheet. Divide the dough into 2 tablespoon (30 ml) dough balls. Place the dough on the prepared baking sheet with 2 inches (50 mm) of space between each. Gently press down each dough ball into a thick disk shape. Add 2 to 3 marshmallows on top of each.

Cover with plastic wrap and let rest in the refrigerator for at least 1 hour, up to a maximum of 2 days. If you are not baking these yet, place in a sealable container and freeze for up to 2 months.

Preheat the oven to 350°F (177 °C). Bake for 15 to 17 minutes (if frozen, add 1 to 2 minutes), rotating the sheet once during baking. Allow to cool completely.



NOTE:

The marshmallows will likely melt during the cooking process. This gives the cookies a very sugary, marshmallow taste throughout.



CREAM IN A SWEET CONCLUSION



No matter how dark things get, I've sworn to never give up and to bring hope to those in need. That's why this dark cupcake has a white sweet cream inside. It's... it's symbolic. I-Is it okay that I put this much thought into a dessert?

DIFFICULTY: 

SPEED: 

PREP TIME: 1 hour

COOK TIME: 20 minutes YIELD: 14 cupcakes

DIETARY NOTES: V

INGREDIENTS

CUPCAKE

¼ cup (35 g) cocoa powder

¼ cup (59 ml) hot coffee

1 ¼ cups (220 g) all-purpose flour

1 teaspoon (5 g) baking powder

½ teaspoon (2 g) kosher salt

½ cup (112 g) unsalted butter, room temperature

¾ cup (160 g) sugar

4 ounces (113 g) dark chocolate, melted and cooled

2 eggs

1 teaspoon (5 ml) vanilla paste

$\frac{3}{4}$ cup (185 g) sour cream

FILLING

3 tablespoons (45 ml) heavy cream

$\frac{1}{2}$ teaspoon (2 $\frac{1}{2}$ ml) vanilla paste

5 tablespoons (70 g) unsalted butter, room temperature

4 ounces (113 g) cream cheese, room temperature

1 cup (120 g) confectioners' sugar

FROSTING

8 ounces (226 g) cream cheese

$\frac{1}{2}$ cup (112 g) butter

1 tablespoon (15 ml) vanilla paste

Pinch of kosher salt

3 to 4 cups (360 to 480 g) confectioners' sugar

$\frac{1}{4}$ teaspoon edible silver glitter (optional)

STEPS

CUPCAKE

Preheat the oven to 350°F (177°C). Combine the cocoa powder and hot coffee in a small bowl. Whisk together until smooth. Combine the all-purpose flour, baking powder, and salt in a medium bowl.

Place the butter in the bowl of a stand mixer and mix until creamed and smooth. Add the sugar and melted dark chocolate. Mix until smooth. Add and mix in the eggs one at a time. Add the vanilla paste and cocoa powder mixture and mix until combined.

Mix in $\frac{1}{3}$ of the flour mixture. Follow with $\frac{1}{2}$ of the sour cream. Add another third of the flour mixture and then the remaining sour cream. Finally, mix in the last of the flour.

Fill the greased cupcake tins $\frac{3}{4}$ of the way up with the batter. Bake for 15 to 20 minutes or until a toothpick comes out clean. Allow the cupcakes to cool completely before dressing them up.

FILLING

Combine the heavy cream, vanilla paste, butter, cream cheese, and confectioners' sugar until smooth.

To fill the cupcakes, make sure they are completely cool. Cut and remove a small cone out of the top center of the cupcake. Place a small amount of filling inside the cupcake. Take the removed piece and cut it in half horizontally, placing the widest part back on the cupcake to cover the hole you made. Press down slightly to make the top smooth. Repeat with the remaining cupcakes.

FROSTING

To make the frosting, place the cream cheese and butter in a large bowl and mix together. Add the vanilla paste and salt. Once the cream cheese and butter are well mixed, slowly begin to add the confectioners' sugar.

Add the confectioners' sugar until the frosting tastes the way you would like it to taste. If using, add the silver glitter at this point. Finally, frost the cupcakes.





NOTE:


The incision will be covered by the frosting!



EDGE OF DARKNESS

 I don't partake in indulgences... often. I make an exception for this.

 It's rare to hear you talk about life's little pleasures. It is really good, but why do you look grumpy?

 Because happiness comes from within.

DIFFICULTY:    

SPEED:   

PREP TIME: 45 minutes

INACTIVE TIME: 4 hours

COOK TIME: 1 hour

YIELD: 5 servings

DIETARY NOTES: GF

INGREDIENTS

2 ¼ cups (532 ml) heavy cream

¼ cup (28 g) coffee beans, coarsely ground

¼ cup (60 g) sugar, plus extra for topping

12 ounces (338 g) sweetened condensed milk

2 teaspoons (101 ml) vanilla extract

1 tablespoon (4 g) kosher salt

5 egg yolks

STEPS

Combine the heavy cream, coffee grounds, and sugar in a medium saucepan over medium-high heat. Bring to a simmer for 10 minutes. Remove from the heat and let sit for 10 minutes. Strain through a fine mesh strainer to remove any large coffee grounds. Return the liquid to the pan and heat back up to just before boiling. Turn off the heat.

Preheat the oven to 325°F (163°C). Combine the sweetened condensed milk, vanilla extract, salt, and egg yolks in a large bowl. Carefully and slowly pour the heated cream into the bowl, constantly whisking, until all of the heated mixture has been added to the bowl.

Divide equally among 5 ramekins. Place the ramekins inside a deep baking dish. Fill the dish with water about halfway up the side of the ramekins. Place in the oven and bake for 35 to 40 minutes, or until the edges are set but the centers jiggle slightly and the crème brûlée has reached an internal temperature of 175°F (79°C). Remove from the oven and take the ramekins out of the baking dish. Let them cool to room temperature. Once completely cooled, place the ramekins in a refrigerator for at least 4 hours; overnight is best.

Before serving, sprinkle the top of the crème brûlée with sugar. Use a kitchen torch to melt and caramelize the sugar until amber in color.



CHARMY'S OTHER SWEET TREAT!



Finally! A dessert I don't have to sneak past the grown-ups! One time Vector and Espio let me make a biiiig bowlful and I got to eat as much as I wanted! But then I got a tummy ache. Once I got better I made another bowlful, and they said I hadn't learned my lesson. What gives?!

DIFFICULTY: ○○○

SPEED: ○○○○

PREP TIME: 30 minutes

INACTIVE TIME: 4 hours

COOK TIME: 20 minutes

YIELD: 6 servings

DIETARY NOTES: V, GF

INGREDIENTS

2 egg yolks

$\frac{3}{4}$ cup (255 g) honey, divided, plus extra for topping

2 tablespoons (18 g) cornstarch

2 cups (473 ml) milk, divided

$\frac{1}{4}$ teaspoon (1 g) kosher salt

1 teaspoon (5 ml) vanilla paste

2 tablespoons (28 g) unsalted butter, cubed

Whipped cream (optional)

STEPS

Combine the egg yolks, $\frac{1}{4}$ cup (85 g) of the honey, and the cornstarch in a medium bowl. Whisk in $\frac{1}{4}$ cup (59 ml) of the milk and set the bowl aside. Whisk together the remaining milk, the remaining honey, and the salt in a medium saucepan. Place over medium-high heat until just before it starts to boil. Reduce the heat to low.

Scoop out a $\frac{1}{2}$ cup (118 ml) of the mixture and slowly transfer to the bowl with the egg yolks while whisking. Repeat this twice.

Slowly add the mixture back into the saucepan. Increase the heat to medium-low and whisk everything together until it thickens.

Once the base has thickened, remove it from the heat. Add the vanilla paste and butter. Place the pudding into a container and allow to cool to room temperature.

Divide the mixture equally among 6 bowls. Allow to cool to room temperature.

Cover and let it chill in the refrigerator for 4 hours before serving.



NOTE:

The pudding is already sweet, but you can top with extra honey and whipped cream if you want an even sweeter treat.



FAMILY COOKIE RECIPE



I learned this recipe from Mother. She said it's been in the family for a long time, so I'm very happy to learn it! These cookies are nice and firm on the outside and have a lovely cream cheese center. When we share them with the Chao, they are all very happy!



Don't be alarmed! Cream and Cheese are not ingredients in the cookie! They're safe!

DIFFICULTY: Three yellow circles arranged horizontally, representing a difficulty level of 3 out of 5.

SPEED: Three yellow circles arranged horizontally, representing a speed level of 3 out of 5.

PREP TIME: 1 hour

INACTIVE TIME: 1 hour

COOK TIME: 15 minutes

YIELD: 12 cookies

DIETARY NOTES: V

INGREDIENTS

COOKIES

2 cups (280 g) all-purpose flour

½ teaspoon (1 ½ g) cardamom

½ teaspoon (2 g) baking powder

1 teaspoon (4 g) kosher salt

¾ cup (168 g) unsalted butter, room temperature

1 cup (200 g) sugar

½ vanilla bean, seeds scraped and pod discarded

1 egg

2 teaspoons (10 ml) vanilla extract

FILLING

¼ cup (56 g) unsalted butter, room temperature

4 ounces (113 g) cream cheese, room temperature

Pinch of kosher salt

½ vanilla bean, seeds scraped and pod discarded

1 teaspoon (5 ml) vanilla extract

1 ½ cups (160 g) confectioners' sugar

STEPS

COOKIES

Combine the flour, cardamom, baking powder, and salt in a medium bowl. Cream the butter in a large bowl. Mix in the sugar and vanilla bean seeds until combined and slightly fluffy. Add the egg and vanilla extract.

Add the flour mixture and mix together until just combined. Prepare 2 large baking sheets with parchment paper. Take about 2 tablespoons (30 grams) of the dough and roll into a ball. Place on the parchment paper and press down into a 2-inch-wide (5 cm) round cookie. Repeat with the remaining dough, resulting in 24 cookies.

Place in the refrigerator for 30 minutes.

Preheat the oven to 350°F (177°C). Remove the dough from the refrigerator. If you would like to add any drawings on half the cookies (like a Chao), use a sharp knife to make the drawing, making sure not to poke all the way through. Only do this with half of the cookies; these can be the tops.

Bake for 12 to 15 minutes. Cool completely before filling.

FILLING

Place the butter, cream cheese, salt, vanilla bean seeds, and vanilla extract in a large bowl. Whisk together until the mixture

of seeds is smooth and comes together.

Add the confectioners' sugar, $\frac{1}{2}$ cup (52 g) at a time. Keep whisking until the mixture is thick but workable. Transfer to a piping bag.

Take one of the cookies (without the drawings) and place a generous helping of frosting on the bottom side of the cookie. Take another cookie (this time one with a drawing) and press the bottom of it onto the frosting. Repeat with the remaining cookies.

Once prepared, place in the refrigerator for 30 minutes to solidify the filling before serving.

The cookies should be stored in an airtight container in the refrigerator. Bring to room temperature before serving.



NOTE:

A large measuring cup wrapped in plastic wrap is perfect for pressing down these cookies. The plastic wrap will make sure the dough doesn't stick to the bottom of the measuring cup.



MOTHER'S SPECIALITY



The best thing to go with a warm cookie is fresh ice cream. This flavor is named vanilla, just like my mother! It can be hard to be patient and wait for the ice cream to churn. But I am good and I don't complain. Cheese and I go outside to play while we wait!

DIFFICULTY: 

SPEED: 

PREP TIME: 45 minutes

INACTIVE TIME: 4 hours

YIELD: 8 servings

DIETARY NOTES: V

INGREDIENTS

8 ounces (227 g) cream cheese, room temperature

14 ounces (396 g) sweetened condensed milk

1 vanilla bean, seeds scraped and pod discarded

1 teaspoon (5 ml) vanilla extract

Pinch of kosher salt

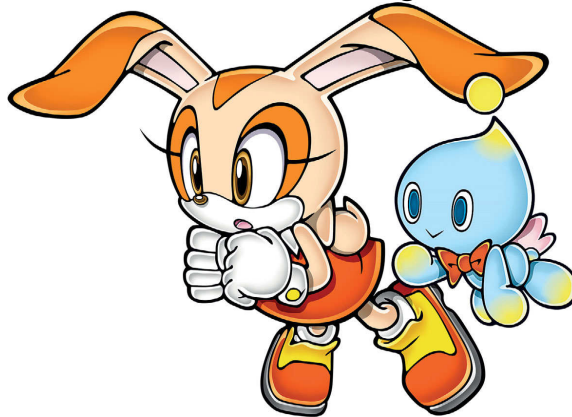
2 ½ cups (591 ml) heavy cream

STEPS

Whip the cream cheese until softened and smooth. Add the sweetened condensed milk, vanilla bean seeds, vanilla extract, and salt in a large bowl. Whisk together until well combined.

Place the heavy cream into the bowl of a stand mixer. Mix until the whipped cream forms medium peaks. Transfer to the bowl with the cream cheese mixture. Carefully fold in the whipped cream until it is well combined.

Transfer to an airtight container. Cover and place in the freezer for at least 5 hours before serving.





COCONUT CREW'S FAIR DINKUM ACE MUNCHIES!



Right! So, down on Southern Island there's a bonzer group of blokes and sheilas called the Coconut Crew. Super talented! Super helpful! I love hanging out with them, I do! And it's partly 'cuz they serve up these munchies!

DIFFICULTY: ○○○○

SPEED: ○○○

PREP TIME: 1 hour COOK TIME: 30 minutes YIELD: 8 tartlets

DIETARY NOTES: V

INGREDIENTS

MANGO PURÉE

$\frac{3}{4}$ pound (340 g) mango

$\frac{1}{3}$ cup (68 g) sugar

Juice of 1 lime

STICKY RICE

$\frac{3}{4}$ cup (165 g) Thai sweet rice

One 14-ounce (414 ml) can coconut milk

$\frac{1}{4}$ cup (59 ml) water

1 vanilla bean

1 cinnamon stick

2 teaspoons (8 g) kosher salt, divided

$\frac{1}{2}$ cup (115 g) sugar

ASSEMBLY

Mango purée

8 frozen tartlets, cooked according to package instructions

Sticky rice

1 mango, sliced

1 tablespoon (15 g) black sesame seeds

STEPS

MANGO PURÉE

Place the mango, sugar, and lime juice in a blender and blend until smooth.

STICKY RICE

Place the sweet rice in a medium bowl and cover with water. Rub the rice between your hands. The water will become quite cloudy. Drain and repeat 3 more times. Fill the bowl again with water and let soak overnight at room temperature.

The next day, drain the rice and wrap in a cheesecloth. Place the water in a medium pot with a steamer basket and bring to a boil. Place the steamer basket on top and place the rice filled cheesecloth on one side, leaving space for steam to rise up. Cover the pot and steam for 25 to 30 minutes.

While the rice is steaming, combine the coconut milk, water, vanilla bean, cinnamon stick, 1 teaspoon (4 g) salt, and sugar in a small saucepan. Place over medium-high heat and heat until the sugar has dissolved. Reduce the heat to low and simmer for 20 minutes.

Once the rice is done steaming, transfer to a medium bowl. Remove the cinnamon stick from the coconut milk mixture. Remove the vanilla bean pod and scrape out the seeds. Return

the seeds to the coconut mixture and discard the pod. Mix together until the seeds are well incorporated. Pour the coconut milk mixture into the rice. Mix together, cover, and let sit for 25 minutes.

ASSEMBLY

Divide the mango purée equally among the 8 tartlets. Top each with the sticky rice.

Top with the mango slices and black sesame seeds. These are best served fresh.



Warning Choking Hazard Small Pieces

COLORFUL COMPANIONS



My Wisps have been with me through thick and thin. So I tried making a snack modeled after them. They seem to like them. In fact, they prefer every color but their own.



Warning! Wisp-themed candies are fun to eat! Wisps themselves are not! Please do not try to eat the aliens!

DIFFICULTY: Three yellow circles arranged horizontally, indicating a difficulty level of 3 out of 5.

SPEED: Four yellow circles arranged horizontally, indicating a speed level of 4 out of 5.

PREP TIME: 10 minutes INACTIVE TIME: 6 hours COOK TIME: 20 minutes YIELD: 30 to 45 gels DIETARY NOTES: DF

INGREDIENTS

LEMON FLAVOR

½ cup (118 ml) plus 2 tablespoons (30 ml) water

¼ ounce (7 g) gelatin

2 tablespoons (30 g) sugar

¼ cup (59 ml) fresh lemon juice

1 teaspoon lemon zest

½ teaspoon (7 ½ ml) blue raspberry syrup

1 drop blue food dye

ORANGE FLAVOR

½ cup (118 ml) plus 2 tablespoons (30 ml) water

¼ ounce (7 g) gelatin

2 tablespoons (30 g) sugar

¼ cup (59 ml) fresh orange juice

1 drop orange food dye

LIME FLAVOR

½ cup (118 ml) plus 2 tablespoons (30 ml) water

¼ ounce (7 g) gelatin

2 tablespoons (30 g) sugar

¼ cup (59 ml) fresh lime juice

1 teaspoon lime zest

1 drop green food dye

GRAPE FLAVOR

½ cup (118 ml) plus 2 tablespoons (30 ml) water

¼ ounce (7 g) gelatin

2 tablespoons (30 g) sugar

¼ cup (59 ml) grape juice

1 drop purple food dye

APPLE FLAVOR

½ cup (118 ml) plus 2 tablespoons (30 ml) water

¼ ounce (7 g) gelatin

2 tablespoons (30 g) sugar

¼ cup (59 ml) apple juice

1 drop light green food dye

STEPS

All of the flavors can be prepared in the same fashion. Whisk together 2 tablespoons (30 ml) water with the gelatin in a small bowl and set aside.

Heat a small saucepan with $\frac{1}{2}$ cup (118 ml) water and the sugar over medium-high heat. Once the sugar has dissolved and the mixture has come to a simmer, remove from the heat. Add the juice, syrup, and/or zest and whisk together.

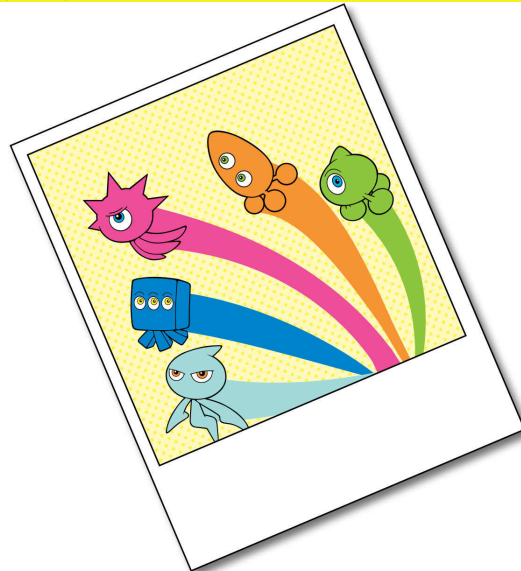
Add the prepared gelatin and whisk until the gelatin has dissolved. Finally, add the food dye. Transfer the mixture into a measuring cup with a spout. Pour into a silicone mold of your choosing.

Place the gels in the refrigerator and let rest until they have solidified, about 6 hours.



NOTE:

Any shape will work. The size of the mold will determine the number of gels you end up with and how long they will take to set.





POST-ADVENTURE PRIZE



After a long day's adventure, I'm pretty wiped. It makes it all worth it to get a li'l reward for all that hard work, y'know? So I whip up this tasty little dish to get me going. Before you know it, I'm back in the swing of things—quite literally!

DIFFICULTY: ○ ○

SPEED: ○ ○ ○ ○

PREP TIME: 30 minutes

INACTIVE TIME: 8 hours

YIELD: 5 to 6 servings

DIETARY NOTES: V

INGREDIENTS

BLACK SESAME ICE CREAM

¼ cup (35 g) black sesame seeds

¼ cup (85 g) honey

14 ounces (396 g) sweetened condensed milk

½ teaspoon (2 ½ ml) almond extract

Pinch of kosher salt

2 cups (473 ml) heavy cream

BLACK SESAME WHIPPED CREAM

1 cup (237 ml) heavy cream

3 tablespoons (30 g) black sesame, ground

1 tablespoon (8 g) confectioners' sugar

ASSEMBLY PER PARFAIT

2 scoops (30 g) black sesame ice cream

¼ cup (30 g) granola of your choice

2 scoops vanilla ice cream

Black sesame whipped cream

1 chocolate wafer

2 cookies and cream biscuit sticks

STEPS

BLACK SESAME ICE CREAM

Place the black sesame seeds in a spice grinder or mortar and pestle and blend until finely ground. Transfer to a large bowl.

Add the honey, sweetened condensed milk, almond extract, and salt. Whisk together until well combined.

Place the heavy cream into the bowl of a stand mixer. Mix until the whipped cream forms medium peaks. Transfer to the bowl with the other ingredients. Carefully fold in the whipped cream until it is well combined.

Transfer to an airtight container and spread into a smooth, even layer. Cover and place in the freezer overnight before serving. This makes enough ice cream for 5 to 6 parfaits.

BLACK SESAME WHIPPED CREAM

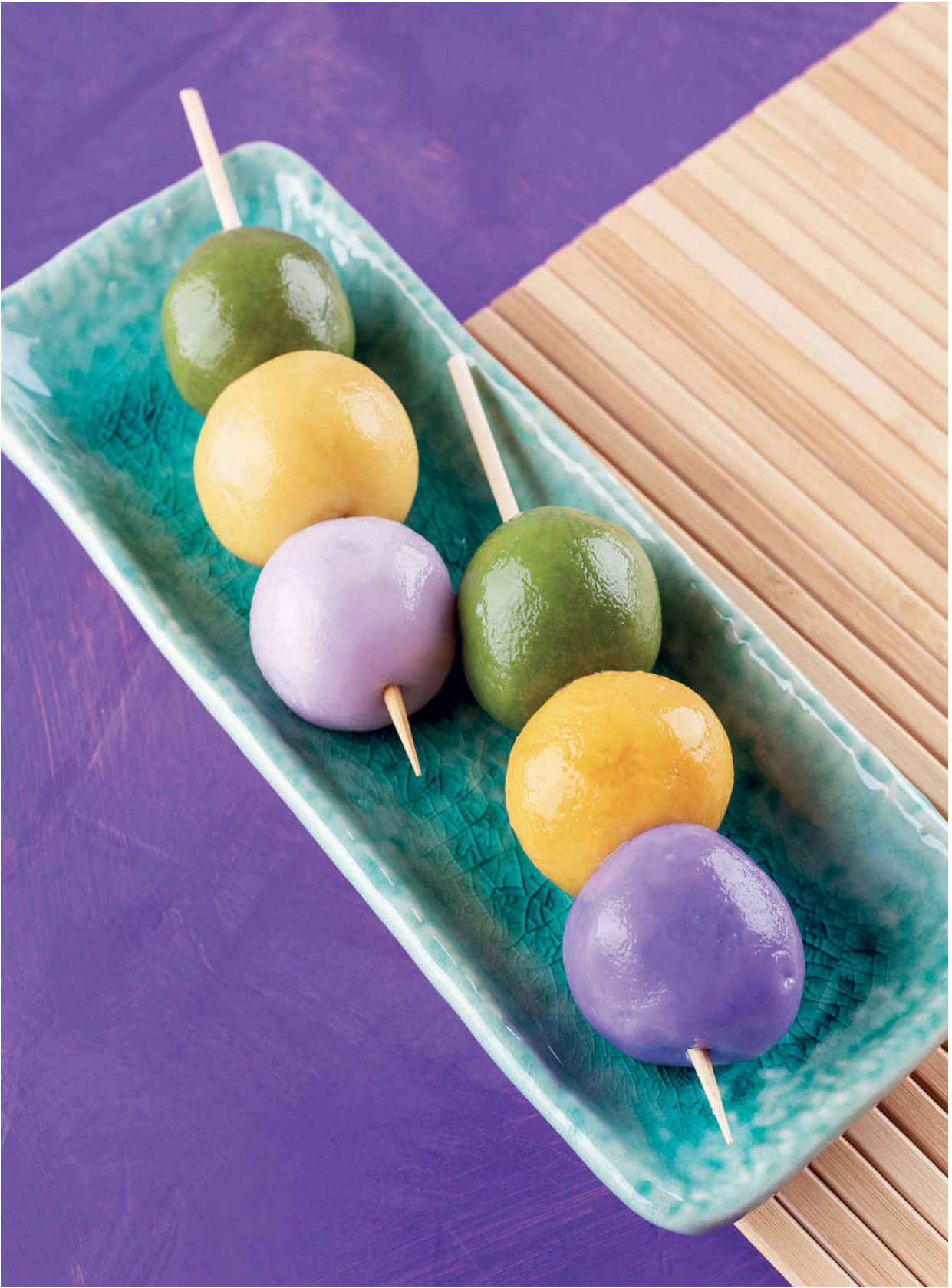
Combine the heavy cream, black sesame, and confectioners' sugar in the bowl of a stand mixer. Whip on high speed until medium peaks form. If you aren't ready to assemble the parfaits, cover the bowl with plastic wrap and place in the refrigerator.

ASSEMBLY PER PARFAIT

Place one scoop of black sesame ice cream in a tall glass. Top with 2 tablespoons (15 g) of granola. Add a scoop of vanilla ice cream and then another black sesame scoop.

Add another 2 tablespoons (15 g) of granola. Top with the last scoop of vanilla ice cream.

Top with the black sesame whipped cream, wafer, and biscuit sticks. Serve immediately.



A NINJA'S SURPRISE



A ninja must be disciplined. When on a stakeout, or hiding within enemy territory, one does not have the luxury of sweets or treats. The enemy will think you weak and undisciplined. They are deceived, as this recipe gives you the ability to enjoy yourself and keep constant vigil. Curbing a craving while staying hidden is the ultimate ninja technique.

DIFFICULTY:

SPEED:

PREP TIME: 30 minutes

INACTIVE TIME: 1 hour

YIELD: 4 servings

DIETARY NOTES: V

INGREDIENTS

$\frac{3}{4}$ cup (120 g) joshinko rice flour

$\frac{1}{3}$ cup plus 1 tablespoon (50 g) shirataamako rice flour

$\frac{1}{2}$ tablespoon (7 $\frac{1}{2}$ g) sugar

$\frac{1}{2}$ cup (118 ml) hot water

1 teaspoon (3 g) matcha

1 drop green food dye (optional)

- 1 teaspoon (6 g) taro powder
- 1 drop purple food dye (optional)
- 1 teaspoon (5 g) pumpkin powder
- 1 drop yellow food dye (optional)

STEPS

Combine the joshinko rice flour, shiratako rice flour, and sugar in a medium bowl. Slowly pour in the hot water and stir. You may need more or less water. The consistency of the dough should feel like an earlobe. Lightly knead the dough until completely smooth.

Divide the dough into three equal portions. Cover two of the portions with a damp towel. Take the third portion and knead in the matcha and green food dye, if using, until combined. Place under the damp towel. Take another portion and knead in the taro powder and purple food dye, if using, until combined. Place under the damp towel. Take the last portion and knead in the pumpkin powder and yellow food dye, if using, until combined. Place under the damp towel.

Divide each portion into four pieces. With your hands, lightly moisten and shape the dough into smooth balls. Transfer to a plate and cover with a damp towel to keep the dough from drying out.

Warm a medium pot of water over medium-high heat. Add the dough balls to the pot. Give them a stir so they don't stick to the bottom. Once they start to float, they are done, about 3 to 4 minutes. Transfer to a medium bowl of ice water. Let rest for about two minutes.

Drain the dango and transfer to a baking sheet that has been lightly moistened. Using a wooden skewer, assemble with a matcha dango followed by a taro dango, and top with a pumpkin dango. Repeat with the remaining dango on new skewers. Serve immediately.



EVIL COOKIES



Revenge is sweet, but my cookies are sweeter. (They also say “revenge is a dish best served cold,” but what kind of monster likes cold cookies?) These succulent, evil circular delights are a temptation no one can refuse!



Post-Edit note: I took the liberty of editing the recipe to take out all the evil influences. The base recipe is surprisingly great, though. Eggman knows how to bake! Who knew?

DIFFICULTY: 

SPEED:     

PREP TIME: 30 minutes

INACTIVE TIME: 1 hour

COOK TIME: 20 minutes per batch

YIELD: 32 to 34 Cookies

DIETARY NOTES: V

INGREDIENTS

$\frac{3}{4}$ cup (115 g) macadamia nuts

2 $\frac{1}{2}$ cups (372 g) all-purpose flour

3 cups (300 g) old-fashioned rolled oats

2 teaspoons (8 g) baking powder

1 teaspoon (4 g) kosher salt
1 cup (224 g) unsalted butter, room temperature
½ cup (90 g) light brown sugar
1 cup (230 g) sugar
⅓ cup (105 g) maple syrup
1 egg
2 tablespoons (30 ml) milk
1 teaspoon (5 ml) vanilla paste
1 cup (180 g) dark chocolate chips
1 cup (180 g) chocolate-covered raisins

STEPS

Preheat the oven to 325°F (162° C). Place macadamia nuts on a baking sheet and bake for 15 minutes, or until golden brown. Set aside to cool.

Combine flour, oats, baking powder, and salt in a large bowl.

In another large bowl, place the butter and mix until smooth. Add sugars to butter and mix until smooth. Add the maple syrup, egg, milk, and vanilla paste.

Slowly mix in the flour mixture. Add macadamia nuts and fold until mixed well. Divide the dough into two equal portions.

Add the chocolate chips in one bowl and the chocolate covered raisins in the other bowl, mixed until just combined.

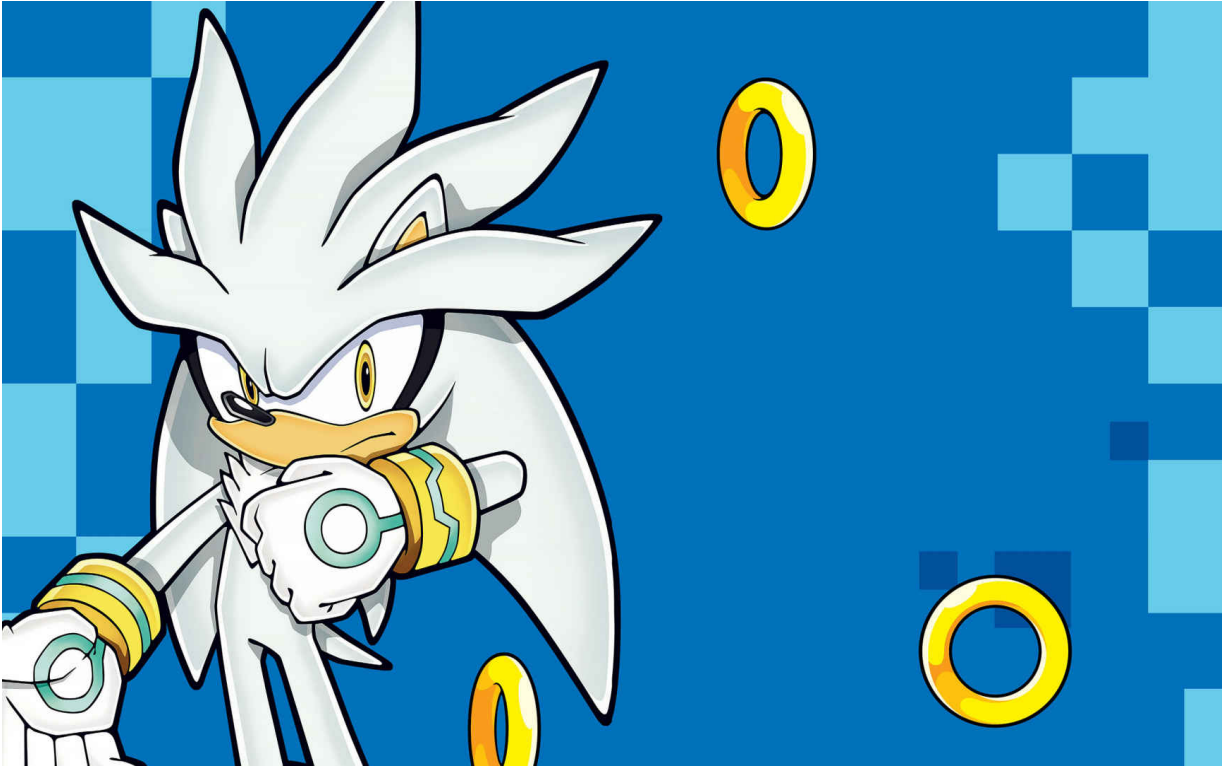
Place the dough, about 2 tablespoons (55 g) at a time, on a baking sheet and press down slightly into a cookie shape. Repeat until all the dough has been prepared. Place in the refrigerator for 30 minutes.

Preheat oven to 350°F (177°C). Place in the oven to bake for 16 to 19 minutes.



NOTE:

Try not to forget which set of cookies are which! Wouldn't want to trick yourself!



BEVERAGES

It's important to stay hydrated. Also, drinks can be fun! Or can liven up a meal! Sorry, I kind of default to survivalist thoughts. You'll find all sorts of ideas in this section. I'm partial to freshly squeezed fruit drinks, myself. Try any one of these—but keep in mind, they're no juice.



PURE HYDROCITY



Yeah, I know *hydrocity* isn't a word, but it seemed appropriate. I don't know if this is the best pairing for a chili dog and onion rings, but on its own it's nice and refreshing. A bit of fizz, a bit of tartness, and I'm all perked up and ready to race!

DIFFICULTY: 

SPEED: 

PREP TIME: 5 minutes

YIELD: 1 serving

DIETARY NOTES: V+

INGREDIENTS

3 fresh mint leaves

2 ounces (59 ml) blue raspberry syrup

1 ounce (30 ml) lemon juice

3 ice cubes

10 ounces (296 ml) sparkling water

STEPS

Lightly muddle the mint in a large glass. Add the syrup, lemon juice, and ice cubes. Pour in the sparkling water and stir to combine.



KNUCKLES'S FRUIT PUNCH



Yeah, yeah, yeah. “Knuckles punch,” hardy har har. Seriously, though, this packs a... uh... wallop. It’s sweet and tangy, and the flavor kinda lingers. On a hot day, the Master Emerald doesn’t offer much shade, so a refreshing drink like this really helps out.

DIFFICULTY:

SPEED:

PREP TIME: 15 minutes

YIELD: 3 servings

DIETARY NOTES: V+

INGREDIENTS

1 pound (454 g) watermelon, cubed

7 ounces (198 g) grapes, cubed

5 ounces (142 g) pineapple, cubed

½ cup (118 ml) fresh orange juice

¼ cup (59 ml) lemon juice

1 ½ cups (355 ml) ginger ale

STEPS

Place the watermelon, grapes, pineapple, orange juice, and lemon juice in a blender. Blend until smooth. Pour into a pitcher and combine with the ginger ale. Serve immediately.



PIKO PIKO SLAMMER



A little sour, a little sweet, a little tart, and a lot of pink. It's me in drink form! Whether you're recovering from an exhilarating day out or just relaxing for the fun of it, pour yourself a tall glass and drink-o drink-o to your heart's content!

DIFFICULTY:

SPEED:

PREP TIME: 10 minutes INACTIVE TIME: 8 hours COOK TIME: 15 minutes YIELD: 4 servings DIETARY NOTES: V+

INGREDIENTS

SIMPLE SYRUP

1 ½ cups (340 g) sugar

1 ½ cups (355 ml) water

1 lemongrass stalk

½ red beet, peeled

LEMONADE

1 ¼ cup (296 ml) lemon juice

½ cup (118 ml) grapefruit juice

2 to 4 cups (473 to 946 ml) water

STEPS

Combine the sugar and water in a medium saucepan and place over medium-high heat. Bring to a simmer. Once the

sugar dissolves, add the lemongrass and reduce the heat to low. Simmer for 10 minutes. Remove the lemongrass.

Transfer all but $\frac{1}{2}$ cup (118 ml) of the syrup into a pitcher. With the remaining $\frac{1}{2}$ cup (118 ml) add the beet and let sit for 5 minutes. Discard the beet and set the dyed syrup to the side.

Add the lemon juice and grapefruit juice to the pitcher. Add 2 cups (473 ml) water. If the lemonade is too strong, add an additional cup (236 ml) of water to your liking. Slowly add a bit of the beet-dyed syrup until the lemonade reaches the desired pink color. Place in the refrigerator overnight to chill before serving.



NOTE:

If you would like your lemonade to be an even deeper pink color, you can just let the full amount of syrup sit with the beet.



IMPERIAL TEA



I enjoy a variety of teas. They can be just the thing to perk me up in the morning or calm me down before bed. (I do have to be careful not to oversteep them as I let them cool, though. I can't abide hot drinks.) Tea can pair well with snacks or be a treat on its own. This particular recipe has been part of my family for many years. I hope you enjoy it as well.

DIFFICULTY: 

SPEED: 

PREP TIME: 5 minutes INACTIVE TIME: 12 hours COOK TIME: 30 minutes YIELD: 1 cup, 5 servings DIETARY NOTES: V+

INGREDIENTS

LAVENDER SIMPLE SYRUP

½ cup (118 g) sugar

½ cup (118 ml) water

2 tablespoons (4 g) dried lavender

TEA

6 dried butterfly pea flowers

1 to 2 tablespoons (15 to 30 ml) lavender simple syrup

1 cup (237 ml) boiling water

Juice of 1 lemon

STEPS

LAVENDER SIMPLE SYRUP

Whisk together the sugar and water in a small saucepan and place over medium-high heat. Once the sugar dissolves, add the dried lavender and bring to a simmer. Reduce the heat to medium-low and simmer for 25 minutes. Remove from the heat and let cool.

Strain into an airtight container. Allow to cool to room temperature. Store in the refrigerator for at least 12 hours and up to 2 weeks.

TEA

Place the butterfly pea flowers and lavender simple syrup in a small teapot. Add the boiling water and steep for 6 minutes. Strain and add the lemon juice.



NOTE:

The lemon will transform the tea's color from blue to a vibrant purple.



A WELCOME WARMTH



Sometimes when I want the comfort of something warm but don't want a full meal, I make one of these. It's rich, filling, and comforting. It... sorry, what? Put marshmallows in it? You... you can do that?! Can we?! I'll get some now!

DIFFICULTY: ○○

SPEED: ○○○○○○

PREP TIME: 5 minutes COOK TIME: 10 minutes YIELD: 2 servings DIETARY NOTES: V, GF

INGREDIENTS

2 cups (473 ml) milk

4 ounces (113 g) white chocolate

¼ teaspoon (½ g) cinnamon

⅛ teaspoon (¼ g) nutmeg

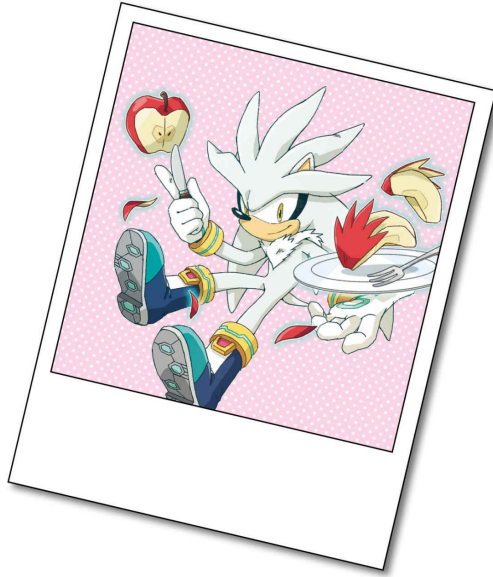
Pinch of kosher salt

Whipped cream

STEPS

In a saucepan over medium heat, combine the milk and white chocolate. Once the white chocolate has melted, whisk in the cinnamon, nutmeg, and salt.

Divide equally between two cups. Serve with whipped cream.





CAFFEINE CONTROL



I seem to recall Professor Gerald enjoying these as he worked long into the night.



Be careful with your caffeine consumption! And sugar consumption! Anything, really! Moderation is the key!

DIFFICULTY:

SPEED:

PREP TIME: 15 minutes

YIELD: 1 servings

DIETARY NOTES: V, GF

INGREDIENTS

¼ cup (59 ml) heavy cream, cold

2 teaspoons (5 g) black cocoa powder

1 teaspoon (2 g) espresso powder (optional)

1 ¼ cups coconut milk

1 tablespoon (21 g) honey

3 to 4 ice cubes

STEPS

Place the heavy cream, black cocoa powder, and espresso powder, if using, in a medium bowl. Whisk until the mixture has become fluffy and has doubled in size, about 5 minutes.

Combine the coconut milk and honey in a pint glass. Add the ice cubes. Top with the chocolate mixture. Serve immediately.



DIAMONDS IN THE SKY



I love everything that sparkles and glitters, and that includes my drinks. I'll enjoy a flute by the poolside, from the club overlooking the city, or atop a vault I'm about to raid. Regardless, it's refreshing and fun. Cheers!

DIFFICULTY:

SPEED:

PREP TIME: 15 minutes YIELD: 2 drinks DIETARY NOTES: V+

INGREDIENTS

1 tablespoon (25 g) pomegranate arils

2 ounces (60 ml) white grape juice

1 ounce (30 ml) pomegranate juice

1 ounce (30 ml) lime juice

3 ounces (90 ml) sparkling apple juice

STEPS

Prepare 2 flute glasses with the pomegranate arils. Set aside.

Stir together white grape juice, pomegranate juice, and lime juice in a cup. Split the juice between the 2 prepared flute glasses. Top with the sparkling apple juice.



CHARMY'S AFTERNOON SWEET TREAT!



Wa-hoo! I love this drink! It's warm and sweet! Y'know why it's sweet? That's right—it has honey in it! It's also good for perking you up, so I can be *really* active! Vector and Espio say I can't have any 12 hours before bedtime. It's not fair!

DIFFICULTY: ○ ○

SPEED: ○ ○ ○ ○ ○

PREP TIME: 5 minutes COOK TIME: 10 minutes YIELD: 1 serving
DIETARY NOTES: V, GF

INGREDIENTS

- 1 ½ cups (355 ml) milk
- 2 tablespoons (42 g) honey
- 1 teaspoon (2 g) ground turmeric
- ½ teaspoon (1 g) ground ginger
- Pinch of kosher salt
- ½ cinnamon stick

STEPS

Combine the milk, honey, turmeric, ginger, salt, and cinnamon stick in a saucepan over medium-high heat. Bring to a simmer, reduce heat to medium-low, and simmer for 5 minutes. Pour into a cup and serve.



CHAO RUSH



There are all sorts of fruits in the Chao Gardens. The Chao like to eat them fresh, but Mother made a recipe that turns them into a yummy drink. When I have some, I feel extra energized! When Cheese has some, he can fly extra fast!

DIFFICULTY:

SPEED:

PREP TIME: 5 minutes

YIELD: 2 drinks

DIETARY NOTES: V+

INGREDIENTS

One 1-inch (25 mm) piece ginger, peeled and cut into chunks

2 teaspoons (10 g) maple syrup

1 ½ cups (355 ml) coconut water, divided

½ cup (118 ml) orange juice

¼ cup (59 ml) lemon juice

⅓ cup (79 ml) lime juice

Pinch of kosher salt

STEPS

Place the ginger, maple syrup, and $\frac{1}{2}$ cup (118 ml) coconut water in a blender. Blend until the ginger has been completely juiced and no large bits can be found.

Add the remaining coconut water and the orange juice, lemon juice, lime juice, and salt and blend to combine. Pass through a mesh strainer into 2 glasses and serve.



VIM ‘N’ VIGOR



Sometimes I need a little something with that “va-voom,” you get me? Sweet and hearty and warm and... va-voomy! Jewel got me the recipe for this, and I love it! I can’t have too much in one go or I feel too sloshy to swing around, so I can show some moderation—for *once*, ha!

DIFFICULTY: 

SPEED: 

PREP TIME: 30 minutes

INACTIVE TIME: 8 hours

COOK TIME: 30 minutes

YIELD: 2 drinks

DIETARY NOTES: V+

INGREDIENTS

STRAWBERRY SAUCE

½ pound (227 g) strawberries, hulled and cut in half

2 tablespoons (30 g) sugar

¼ cup (59 ml) lemon juice

¼ cup (59 ml) water

Pinch of kosher salt

BOBA

5 cups (1.2 l) water

½ cup (90 g) instant black tapioca pearls

3 tablespoons (64 g) maple syrup

2 tablespoons (36 g) strawberry sauce

½ cup hot water

ASSEMBLY

1 cup hot water (160°F/71°C)

1 ½ tablespoons (3 g) White Peony tea

2 cups (710 ml) oat milk

⅓ cup (79 ml) strawberry sauce

6 ice cubes

Boba

Whipped cream

2 strawberries, sliced

STEPS

STRAWBERRY SAUCE

Combine the strawberries, sugar, lemon juice, water, and salt in a medium saucepan over medium-high heat. Whisk until the sugar has dissolved and bring to a boil.

Reduce the heat and simmer for 20 minutes. Remove from the heat and transfer to a blender. Blend until smooth.

Transfer through a mesh strainer to an airtight container and allow to cool. Store in the refrigerator for at least 8 hours and up to 2 weeks.

BOBA

Place a large pot with the water over medium-high heat. Bring to a boil and add the instant black tapioca pearls. Stir and cook for 2 to 3 minutes or until the pearls float. Cover and reduce the heat to medium-low. Cook for another 2 to 3 minutes. Turn off the heat, keep covered, and cook for another 2 to 4 minutes, or until the tapioca has softened completely.

Drain through a strainer and rinse thoroughly with cold water. Combine the maple syrup, strawberry sauce, and hot water in a medium bowl. Whisk until the sugar has dissolved. Add the tapioca and allow to rest for 10 minutes. The boba can be stored in the refrigerator for up to 6 hours.

ASSEMBLY

Combine the hot water and White Peony tea in a small teapot. Allow to steep for 3 minutes. Strain into a cup to cool.

Combine the white tea, oat milk, and strawberry sauce in a blender. Blend until combined. Add the ice cubes and blend until crushed.

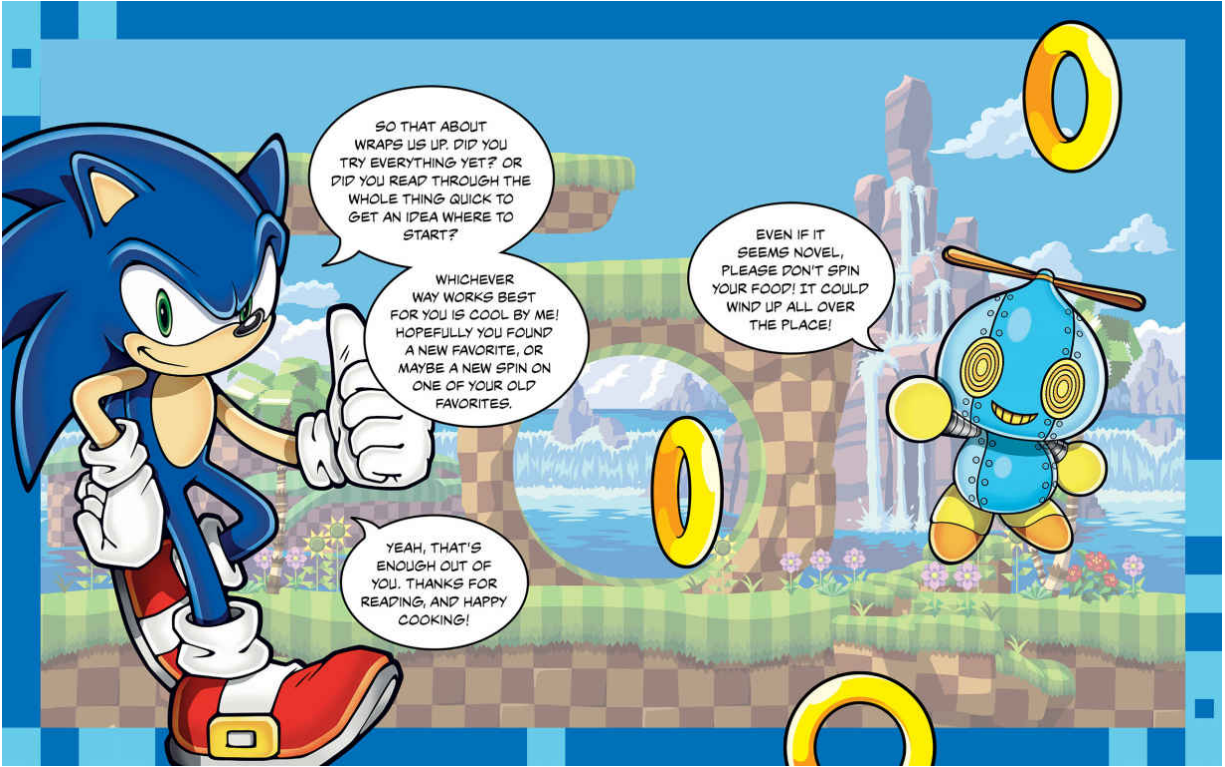
Divide the boba equally between 2 large glasses.

Pour the tea into the two glasses with the boba. Top each with the whipped cream and a sliced strawberry. Enjoy with a large straw.



NOTE:

You can add a few extra spoonfuls of the strawberry sauce to the bottoms of the glasses for an extra punch of strawberry flavoring.

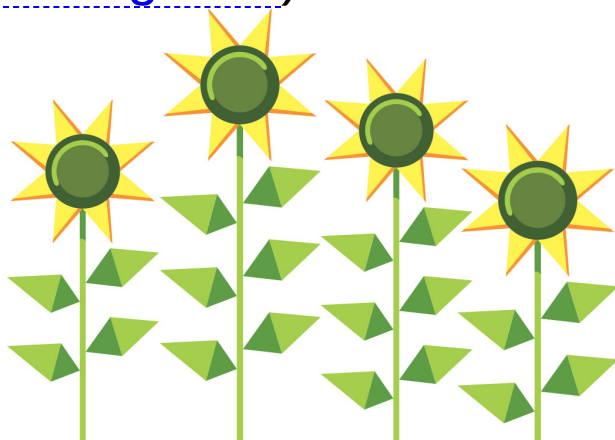


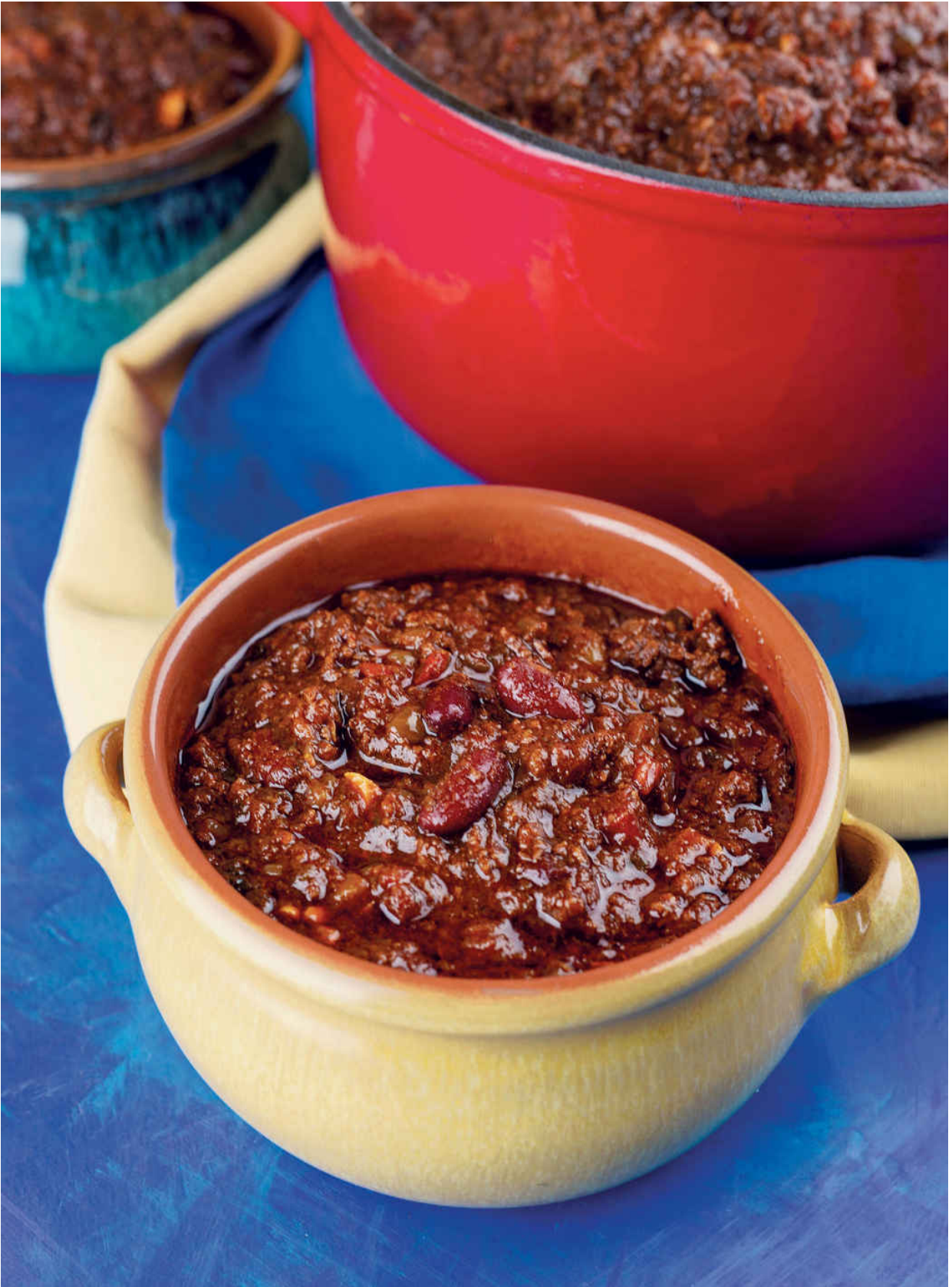
AUTHOR BIOS

Victoria Rosenthal launched her blog, Pixelated Provisions, in 2012 to combine her lifelong passions for video games and food by recreating consumables found in many of her favorite games. When she isn't experimenting in the kitchen and dreaming up new recipes, she spends time with her husband and corgi hiking, playing video games, and enjoying the latest new restaurants. Victoria is also the author of *Fallout: The Vault Dweller's Official Cookbook*, *Destiny: The Official Cookbook*, *Street Fighter: The Official Street Food Cookbook*, and *The Ultimate FINAL FANTASY XIV Cookbook*. Feel free to say hello on social media at PixelatedVicka.

Ian Flynn is a Charlotte-born, Toronto-based freelance writer. He's best known for his fifteen-year run on Sonic the Hedgehog media. He has contributed to numerous properties across comics, television, streaming media, and video games. He co-hosts a Q&A podcast that tackles

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